

The Lizard In The Ear And Forty Modern Variants

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नमो गुरुभ्यः

**I am deeply indebted to
Everyone who helped me learn
Through
Teaching, Discussion and Argument**

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The Lizard In The Ear

The lizard in the ear is an ancient Indian fable.

*An ancient Indian guru or teacher had many students living in his house and learning various subjects as was the ancient Indian custom. His wife complained one day that he was biased in favor of the student learning "**tarka**" or logic. That evening as usual the guru and his students were having their dinner. The guru suddenly stopped eating, leaned back onto the wall and complained loudly, "A lizard has entered my ear". Immediately the student learning medicine jumped up and ran to browse his books to know what herbs were to be used to make the lizard come out. The one learning astrology, began calculating the horoscope to identify the planetary positions responsible and identify a remedial ritual to be performed. Another learning mantra shastra started chanting the mantras for controlling animals so that the lizard can be forced to come out. Another started prayers that he has learnt invoking divine assistance to get out of this calamity. The student of **tarka** sat calmly and continued to eat his food. Unable to control her anger the teacher's wife loudly abused the student for being unconcerned about his teacher's health and well-being. The student of **tarka** smiled and logically asked, "Mother, how can a lizard which is much larger enter the guru's ear? He is simply play acting for some reason!". The guru sat up smiling at his wife, who understood the message. He was not biased in favor of the student who was learning **tarka**. He has to give more value to the student's opinion since he alone is the one who employs logic.*

This story summarizes the essential problem with hoaxes on social media. Quite a few of the warnings and claims that are routinely shared require no real expertise to debunk, just as simple everyday experience is sufficient to know that the lizard is much larger than the ear. Unfortunately, just as the rest of the students did not inculcate a habit of logically examining statements, individuals in the modern society do not spend a couple of minutes thinking logically before forwarding absurd posts. While condescendingly dismissing unquestioned acceptance of the religious authorities as superstition and illogical, modern individuals are equally unwilling to employ logic while forwarding these posts on social media. So much so one wonders if *homo logicus* (The man who wants to understand) is an appropriate nomenclature for the human species.

The rest of this book contains forty posts being shared on the social media which were critically examined in the blog, [takes2mins2debunk](#). Hopefully, the present effort of collating these will provide a book inculcates in the readers, particularly young ones, a habit of being logical and not accepting every post being shared on social media. That would also reduce the susceptibility to accepting conspiracy theories and reduce stress.

The posts had been selected to ensure that they can be debunked by logically examining with the content of the post itself. No specialized knowledge has been employed. In other words this is a training for the reader to develop the capabilities for future use and not an expert opinion for reference. Obviously not all posts circulating in the social media are in this category. Two other categories are quite easy to identify. One category consists of

outright falsehoods. These can only be debunked by digging through news reports and records. There are many excellent websites with enormous collection of such hoaxes. Then there is the second category consisting of mostly of miraculous medical claims which do need a bit of advanced science to debunk. The usual response of the websites dedicated to debunking hoaxes is to rely on expert opinion in such cases. But this does not often satisfy the world at large. The response to expert opinion is invariably a demand for investigation of these claims or accusations of conspiracies. There are however logical reasons, accessible to all, to understand and apply science. Three short pieces have been appended to the forty modern versions of the tale of the lizard in the ear to demonstrate the power of such an approach.

1

Colored Moon

Here is post being shared in the social media.

Tonight from 10:24 to 11:44 the moon will be seen in 12 different colors...This happens once in 184 years. ...so please watch the wonder of the nature....

Forward this message to as many people so that they can also enjoy it. Happy moon watching....

Now pause and think!!!

Moon reflects sun light. It is not a self luminous body as the elementary school text book teaches. Neither the sun nor the moon change in this time scale. Neither during the one hour twenty minutes nor once in 184 years.

The color or appearance of the sun or the moon may change due to atmospheric dust, clouds etc. which scatter the light. But this will not lead to twelve colors in fixed times frame that can be predicted in a advance. It will also vary from one location to another.

Why are we not happy thinking?

2

Poisoned By Paraffin

Here is a post being shared in the social media.

Varun, an IT professional , was finding himself with an upset stomach every night. While normal medical checks revealed nothing wrong in him, deeper probes revealed the reason – his stomach was collecting significant amounts of wax. And doctors identified the villain – the ordinary disposable paper cups he used for drinking his tea at his office pantry. Disposable paper cups have become quite popular in office pantries due to the convenience they offer. What many overlook is the fact that these paper cups are coated with a tiny layer of wax, which is essential to prevent water from seeping into the paper. When very hot liquids are poured into this cup, the paper cups wax may disintegrate and a little may come off, which will promptly be sent along with the drink into our stomachs! While our body can discard minor amounts, over the long-term, it does become a problem. So what can be done about it? You can try to bring your own glass cups. Glass is one of the least reactive materials in the world (remember acids are stored in glass vessels, blood samples are collected in glass plates – these are for a good reason). But glass does have the problem of breaking easily, so it requires good care. Ceramic cups are probably the best bet. Of course, you can also use your ordinary stainless steel glass, but never use plastic ones – they are harmful, and its dangers are even worse than wax ! Share if you care.

Now pause and think!!!

We eat once in a few hours. So the food we eat stays in the stomach for some time and is mixed with gastric juices. The food is partially digested in the stomach and small quantities are transferred to the intestines for further digestion. There is no way only wax can be retained in the stomach. It is mixed with the food and moves with it. Is it possible that the wax is sticking to the stomach wall? Stomach, as every elementary school text book explains, has very strong hydrochloric acid. That is the reason you get heartburn when the acid enters the esophagus. Can the stomach wall be protected from the acid? No. It is the wall that produces the acid. So nature does something nice. The cells in the wall are continuously replaced. So even if the wax were to stick to the stomach walls it would be removed along with the cells of the stomach wall. In any case paraffin does not stick to the cells of the human body. That is the reason liquid paraffin is prescribed by doctors as a laxative. It helps the food to keep moving through the intestines and is eliminated. It acts as a lubricant and does no harm.

Why don't we use the knowledge we have?

3

Pathways Of Electricity

Here is a post being shared in the social media.

Can electricity enter our body through the flash of a digital camera????

Yes 100% it can happen.

This is a true incident, which happened with a 21 year old boy studying engineering. He died in Keshwani Hospital. He was admitted in the hospital in burned conditions.

The reason. He went to Amrawati on a study tour. While coming back, he was waiting for train at railway station along with his friends.

Many of them were taking grp photo in their mobiles with digital camera.

This boy was also there and trying to take grp photo. From where he was standing, he couldn't cover the group. So he went a little back.

The place where he was standing, an electric wire with 40,000 volt was running atop.

As soon as he pressed the button of digital camera, the electricity of 40,000 volt entered the camera through the flash, then the fingers and then the whole body.

All this happened in a few seconds. 50% of his body was burnt. In that condition he was brought to Keshwani Hospital, and then to Mumbai in an ambulance. He was

unconscious for 1 and 1/2 days. As his body was 50% burnt, doctors were having less hope for him. Later on he died.

This can happen to anyone as we all use mobile. Are we learned and responsible ?

- # Avoid using mobiles at petrol pumps.
- # Avoid using mobiles when u r driving.
- # When mobile is charging don't receive call.
- # 1st remove the charger pin and then receive the call.
- # When mobile is on charge don't put it on bed or wooden furniture.
- # pls don't use mobile/digital camera-flash at railway stations or any other place, where there is a High Voltage electricity transmission wire.

This is for your safety.

After reading pls share it.

Because of this some ones life can be saved.

Now pause and think!!!

The idea is that the use of a camera flash or a mobile provides a path for the high voltage from the 40 kV railway electric line. The transmission wire is suspended by a ceramic insulator, typically one foot long from a metal pole buried in earth. Now the individual using a camera is much farther than a foot from the high voltage conductor. Illogical to say the high voltage can have any influence at longer distances when it does not spark across the insulator.

In an earlier era the flash in a camera used very high voltage for a short duration. This warning assumes that

the two high voltages add up to become dangerous. But this is wrong physics. If you add a few pen torch cells (low current capacity) and a car battery (high current capacity) the voltages will increase but the current will be limited to what the pen torch cells can deliver. (More accurately it will be smaller).

The flash cannot work with overhead high voltage lines like a spark that ignites combustible gases. There are many sources of sparks in railway stations, ranging from loose electrical wires to arc welding units used for repairs. Now for the real joke! The modern cell phones do not use a high voltage bulb for the flash. They use the modern LED!! It works directly from the low voltage.

Now for the warnings at the end. Mobiles were first banned at petrol stations for fear of terrorist attacks. Suddenly not merely the high voltage but even the household voltage 220V or 110V if in USA are included! Then ordinary mobile use is also included. So no high voltage is needed to cause the catastrophes at all!

The precautions one needs for a mobile charger are the same as for any other electrical device. There have been occasional claims that the batteries in the mobile explode during charging but that has nothing to do with the claim made in the early part.

One needs only logical thinking from experience!!!

4

World Of Pesticides

Here is post being shared on social media.

Pesticide Percentage (%) in cold drinks released from IMA (Indian Medical Association) recently.

ThumsUp	7.2%
Coke	9.4%
7Up	12.5%
Mirinda	20.7%
Pepsi	10.9%
Fanta	29.1%
Sprite	5.3%
Frooti	24.5%
Maaza	19.3%

very dangerous to the Human Liver..... in Cancer !
Please pass it to all known persons in your contact.

Now pause and think!!!

Is it not very disturbing that this is being shared? Is it not almost embarrassing to even comment on this? Typically one drinks around 250 ml of these soft drinks at one go. 29.1% of that would be around 80 ml of pesticide.

For most pesticides it could be a fatal dose! So why is everyone who had a soft drink ever, not already dead or at least hospitalized? Either someone changed ppb or ppm levels to percentages in the text or these are percentage of some limits. For example it could be the percentage of the maximum recommended daily limit.

It is nobody's case that a carbonated drink is a healthy choice. But is that a justification for such nonsense? Ultimately these scare tactics are counter productive.

The best advice for social media posting:count to three!!

5

Vedic Glory

Here is a post being shared on the social media.

Interesting fact about relation between Ujjain “Mahakal” and other Jyotirling:

Distance between Mahakal and other Jyotirlingas:

Somnath	777 km
Omkareshwar	111 km
Bhimashankar	666 km
Kashi Vishwanath	999 km
Mallikarjun	999 km
Kedarnath	888km
Trimbakeshwar	555 km
Baijyanath	999 km
Rameshwaram	1999 km
Grishneshwar	555 km

In vedic tradition nothing happens without a reason.
Ujjain is considered to be the center of earth.

2050 years ago sophisticated yantras for astrological calculation and calculation of movements of Sun were

placed in Ujjain. And just hundred years ago when Western scientists created an imaginary line the Tropic of Cancer it miraculously passed through Ujjain. Today also scientists come to Ujjain to take measurements with respect to Sun movements.

Now pause and think!!!

For those unfamiliar with the Jyotirlingas, they are idols of Lord Shiva in famous ancient Hindu temples. There are twelve of these, but there is no authentic list that every devotee in India accepts. This list was made to show numbers like 111 or 999 which are striking to the eye.

But the distances are in kilometers! Surely the ancient Indians even if they wished to place the other Jyotirlingas at numerically interesting distances from Ujjain would not and could not have used this unit of measurement.

Next, the very idea that the distance between the Mahakal and Viswanath temples is 999 km is wrong. Along which road? The road distance is nearly 900 km but the road is not a straight line. Since the earth is a sphere, the very idea of a straight line as the shortest distance between the two points is meaningless.

The Tropic of Cancer does not pass through Ujjain. It is off by 0.17 degrees or about 19km. More importantly, the Tropic of Cancer is neither imaginary nor unknown to ancient civilizations. As every elementary school book teaches, the **Tropic of Cancer** is the circle marking the latitude 23.5 degrees north, where the Sun is directly overhead at noon on June 21, the beginning of summer in the northern hemisphere. It is called the Tropic of Cancer since the Sun enters the zodiac house of Cancer.

This could have been easily observed and the temple constructed there but that prosaic fact does not help the claims made here.

Such claims only bring ridicule to the Indian civilization that is sought to be praised

6

Petrol Bombs

Here is a post being shared on the social media.

Message in former scientists group by Prabhat Shankar Tripathi

@ इंडियन ऑयल ने दी चेतावनी @

आने वाले दिनों में तापमान में वृद्धि होना तय है, इसलिए अपने वाहन में पेट्रोल अधिकतम सीमा तक ना भरवायें। यह ईंधन टैंक में विस्फोट का कारण बन सकता है। कृपया आप अपने वाहन में आधा टैंक ही ईंधन भरवायें और एयर के लिए जगह रखें। इस हफ्ते 5 विस्फोट दुर्घटनाओं की वजह, अधिकतम पेट्रोल भरने से हुआ है।

#नोट : इस मैसेज को आप अपने परिवार के सदस्यों व अन्य सभी को भेजें, जिससे लोग इस गलती से बच सकें..

#धन्यवाद

Translation

@ Indian Oil has issued a caution@

It is clear that the temperature will increase in the coming days. For this reason do not completely fill the fuel tank of your vehicle. It (making tank full) can be a reason for an explosion in the fuel tank. Please fill only half the tank in your vehicle and leave space for air. This week, the cause of five accidents involving explosions due to completely filling petrol.

note: please send to all members of your family and others so that people can be saved from this mistake.

Now pause and think!!!

Petrol is highly inflammable and if in an accident the tank ruptures, there can be a huge flame and explosion from the smallest spark. The warning however is not related to such situations.

The claim is that explosion occurs due to summer heat and that the amount of petrol in the tank matters. The assumption is that the pressure of petrol fumes will be large when the tank is almost full since there is no space for air. In reality, in a closed tank the pressure of petrol fumes is the same whatever be the level of the fuel. The best way to realize this is to remember that the pressure in a pressure cooker depends on temperature not on the amount of water inside (as long as some water is there). While pressure will be same, the amount of fumes, that actually cause the flame will be less for a full tank. How much of petrol fumes exist in the tank? When the tank is opened there is no pressure of petrol fumes pushing out the cap. Again, one can contrast this with the pressure cooker.

The petrol tank is placed away from the outer surface of the car, actually to reduce the chance of rupture in an accident. The summer temperatures are no doubt high and due to the greenhouse effect, a closed interior of a car feels terrible but the temperatures of the fuel tank will not be very high. Even a black tar road totally exposed to sun will not cross about 70C. The petrol tank, full or empty cannot explode due to the summer temperatures.

One hopes that the attribution to IOL and sharing in a former scientists group are both wrong!

7

Insecticide Fire Hazard

Here is a post being shared on the social media.

@Very important message@

Please read this and take note. Let this not happen to you.. This could be a common mistake in any household. This shocking accident happened. A housewife died due to burns sustained in the kitchen. Her husband too was hospitalized for injuries due to burns while trying to rescue his wife

How it happened:

The gas was on and cooking in progress. The lady observed one cockroach near the sink and grabbed Spray bottle of insect killer and sprayed it near the gas, which was on. There was an explosion and in no time the poor woman was covered in flames, sustaining 65% burns. Her husband rushed in, tried to put out the flames and his clothes too caught fire. The husband is still in hospital, in the burns ward, still unaware that his wife was declared dead on arrival.

Let us understand: - All insect killer sprays such as "Hit", "Mortein" etc. have highly volatile and inflammable solvents. The atomized nano spray particles spread very rapidly and one spark is enough to ignite this explosive mixture with oxygen present in air.

Please educate your family & Friends about this and spread the word around....

Don't Keep this msg. in your inbox. Please share...who knows you may save more than a life...

I just did my part.!

Now pause and think!!!

Consider an LPG stove. Why doesn't the flame at the stove go back into the gas cylinder? Because there is no oxygen for burning. If the gas in the LPG cylinder were to slowly leak and fill the room, a small spark can cause an explosion. LPG actually has no smell. A pungent smelling compound is added to household LPG cylinders sold in India so that any leak is immediately noticed.

Consider a firecracker. Once the wick is lit, the fire enters the paper cylinder and explodes. One of the chemicals used releases oxygen which causes the others to burn releasing gases which causes the explosion. Rapid burning of any combustible gas requires a correct amount of oxygen to be available.

It is at once apparent that the situation as described in the message above is not at all realistic. From an insect spray bottle what comes out is a single burst of gas not a continuous flow. A measured quantity is released for every press of the plunger. If it is too close to a flame it will burn and could even cause some burns.

But it has to be extremely reckless handling, almost deliberately trying to burn the hand holding the can. If repeated bursts of the can are directed at a burning stove it can burn, damage the bottle, cause the gas to come out in continuous flow and then cause a big fire.

In USA another type of insect spray is marketed. People leave the house and a continuous flow of insecticide is circulated. After several hours, the house is ventilated before people return. In this scenario, if spray far above recommended levels is employed, explosions are likely

and have been reported. This is different from the spray cans used individually as described in the piece above.

A warning that the contents are a fire hazard are printed on the cans as required by law, primarily to protect the company from lawsuits.

Being careful is recommended. Paranoia is not.

8

Moving The Center Of Gravity

Here is a post being shared on the social media.

Do you Know Why IRCTC does not allow passengers to choose seats?*

There is a very technical reason behind the fact that IRCTC doesn't allow us to book tickets according to our preference, and the problem behind this is PHYSICS. Booking a seat in a train is far more different than booking a seat in a theater. Theater is a hall, where as train is a moving object, so safety concern is very high in trains.

Indian railways ticket booking software is designed in such a way that it will book tickets in a manner that will distribute the load evenly in a train.

Let me take an example to make things more clear : Imagine there are sleeper class coaches in a train numbered S1, S2 S3... S10, and in every coach there are 72 seats. So when someone first books a ticket, software will assign a seat in the middle coach like S5, middle seat numbered between 30-40, and preferably lower berths (Railways first fills the lower berths than upper one so as to achieve low center of gravity.)

And the software books seats in such a way that all coaches have uniform passenger distribution and seats are filled starting from the middle seats (36) to seats

near the gates i.e 1-2 or 71-72 in order from lower berth to upper.

Railways just want to ensure a proper balance that each coach should have for equal load distribution.

That is why when you book a ticket last, you are always allotted an upper berth and a seat numbered around 2-3 or 70, except when you are not taking a seat of someone who has cancelled his seat.

What if the railways book tickets randomly, A train is a moving object which moves at speed of around 100km/hr on rails.

So there are a lot of forces and mechanics acting on the train.

Just imagine If S1, S2, S3 are completely full and S5, S6 are completely empty and others are partially full, so when the train takes a turn, some *coaches* face maximum centrifugal force and some minimum, and this creates a high chance of the derailment of train.

This is a very technical aspect, and when brakes are applied there will be different braking forces acting at each of the coaches because of the huge differences in weight of coach, so stability of train becomes an issue again.

Now pause and think!!!

This is completely wrong science. However, the goal here is to debunk without referring to textbooks or to the authority of experts. The claim is that the distribution of weight in the form of passengers determines the stability of the train traveling at high speeds.

Now consider that the reservation may have been made for a heavy adult male weighing 100 kg or a three year old child weighing 20 kg. If the difference between an empty

and occupied berth can make a difference, the difference between a child and man should also! Clear indication that this claim is wrong! If one has observed the railway carriages carefully, the empty and fully loaded weights are displayed, prominently in the case of the goods wagons. A typical 3 tier compartment weighs around 40 tons. This in railways is called the tare weight. The maximum payload is about 4 tons. If we accept that the average weight of a passenger is 70 kg, the weight of the 72 passengers is less than half a ton. Clearly, the concept of empty berths making a significant contribution to center of gravity is not scientific.

One may also have experienced the reality that the stability of a car going around sharp corners on the road does not depend on whether a driver alone is riding or has a passenger in the rear seat. There again the weight of a car is much higher than of the passengers. This is necessary to make these vehicles safe for passengers in accidents. Finally, any such effect must be much more significant for an airplane travelling much faster and the plane is far less sturdy than the land vehicles. Air lines however permit selection of seats during reservations.

Emotions encourages search for wisdom where there is none. Silly science is the consequence.

9

A Hole To Wonder About

This video is being shared on the social media.

<https://youtu.be/HBKVOHWtv4g>

See pictures 9a and 9b on the back cover

Here is a synopsis of the video

There is no oral message. It shows a bulldozer dropping a load of earth into a hole.

Following that a couple of items are dropped manually. A few seconds later much of the loose earth and the items are thrown out of the hole with a great force with the items reaching considerable height.

This is being shared as a possible natural wonder of the world, a geothermal phenomenon of some kind with a few comments thanking God for having provided this in the Aljof area of Saudi Arabia.

Now pause and think!!!

The most common geothermal phenomenon are hot springs where hot water comes out of the earth, often without any necessity for digging. Geysers where hot water is ejected with some force to a height are rarer and a large fraction are to be found in the USA. The largest of these is called the ***old faithful*** and it shoots between 10 to 30000 litres of boiling water to a height of 100 to 200 ft once every 35 to 120 minutes. The location of such a

great natural marvel in the USA explains the messages thanking God for the new marvel in Saudi Arabia.

Scientific explanation of hot springs as also the geysers like the *old faithful* is straightforward. These are located in active seismic zones, areas where volcanoes are common. The hot interior of the earth is closer to the surface at these locations and heats underground water. When the path of the water to the surface has a double bend, periodic eruptions of boiling water occur. It has been possible to build laboratory scale models of such geysers. There are also mud geysers when the hot water encounters soft mud on the surface but despite the name, the mud is not thrown high into the sky. There is only bubbling of water and steam in oozing mud.

Now consider the eruption seen in the video. There is neither water nor steam. On the other hand Saudi Arabia has extensive oil fields. Could this be the case of natural gas emerging at high pressure in a shallow well? Could this be any other less common gas? In either case, two possibilities present themselves. The gas may be continuously flowing which is blocked by the initial load of loose earth and the increased pressure blows out both the items and the earth. The other possibility is that just like in the *old faithful*, there is an internal mechanism for intermittent gas bursts. The loose earth and items just demonstrate the burst. Both are most unlikely. In the first case as the loose earth goes in, there has to be a clear indication of a continuous gas in the form of a plume of dust. This is not seen in the video. In the second case, the gas will borrow through the loose earth and push the items to one side. The items would not be expelled. This is a common experience. If a stone is placed on a

vertically held hose before the water is turned on, the stone gets pushed to a side since there is nothing to prevent such motion. This is also the reason, the bullet has to closely fit in the barrel of the gun. So the items would not be expelled as seen in the video.

There is one scenario that explains the video perfectly. If a small explosion takes place at the bottom, below the loose earth and items, they would be expelled as shown. This once again is common experience of those who have played with firecrackers. A tin covering a lighted exploding firecracker jumps like a rocket. Incidentally that is a very dangerous childhood prank! The video shows pipes used in oil well drilling. Delayed fuse explosives are routinely used in oil industry. The workers may have been amusing themselves by tossing the explosives into a hole before tossing loose earth and other items into it. This would result in exactly the sequence of events depicted in the video. This is being circulated as the depicting a natural phenomenon either deliberately or by mistake.

There are many natural wonders of the world and many more cooked up wonders on social media!

10

Rain It Is Not

This video is being shared on the social media.

<https://youtu.be/CdUrbeOxPLA>

See picture 10 on back cover

Here is a synopsis of the video.

A column of water is surrounded by individuals one of whom briefly touches the water. On a couple of occasions, the entire column of water along with the clouds is shown.

Ground is shown for some time and does not show water flowing away from the column.

The text message accompanying the video says "This is not waterfall. It's localized rainfall in Togo, Sub Saharan Africa."

Other comments describe this as a natural marvel or a fantastic video.

Now pause and think!!!

It is definitely not a waterfall since it is clearly a fountain. The central column of water, going up and then falling back can be clearly identified. The picture showing the highest point of the water column and the clouds clearly shows that the two are far apart. What is amazing about the video is how easily the claim about it being rainfall is accepted and the video shared even by educated people.

Rainfall is a universal experience. Consider the following universally known facts about rain. Clouds that cause rain are dark and black not white as in the video. Rainfall is measured in millimeters. The places with the heaviest rainfall on the planet typically boast of a total rainfall of 12 meters in one year. The water falling for the one minute of the video is perhaps larger. How can there be so much water in any cloud much less a localized cloud? That is why the maximum rain recorded is ~ 40 mm/min.

Rain falls as drops not as a column of continuous water. Rain clouds are a couple of kilometers high. Even water falling as a column from a height of a hundred feet causes severe erosion on the ground. Imagine the consequence of so much water falling from such heights!

Finally there is no way a cloud, rain falling from it and the ground can be photographed together unless one aims at the horizon. As mentioned above it will be a couple of kilometers between the cloud and the earth! When everyone is using smartphones to photograph every small event of their lives it is incredible that this reality has been ignored while praising the video.

There are many natural wonders of the world and many more cooked up wonders on social media!!

11

Not A Hot Gaze

This post is being shared on the social media

Those who wear contact lenses, remove them when you have to attend a BBQ party or whatsoever that got to do with flames...

I heard a horrible true story about contact lenses...

It happened to a 21 year old guy, he wore a pair of contact lenses during a barbecue party. While, he was barbecuing, he stared at the fire charcoals. After a few seconds, he started to scream for help and moved rapidly, jumping up and down. No one in the party knew why...

When he arrived at the Hospital, the doctor said he'll be blind permanently courtesy of the contact lenses that he had worn. Contact lenses are made by plastics, and the heat from the charcoal melted his contact lenses.

So, tell all your friends.....DO NOT WEAR CONTACT LENSES WHERE OVERHEATING AND FLAMES ARE CONCERNED... pass this message to all your friends

Now pause and think!!!

Can the contact lenses get so hot as to melt without one feeling the heat? A folk remedy for tired eyes was to rub two fingers on the other palm. The slightly warm fingers placed on the closed eye provides a slight temporary relief. The usefulness of the remedy is irrelevant here. The key point is that the eye can feel the warmth. The increase in temperature will not be more than a couple

couple of degrees. The body is very sensitive in detecting even a small increase in temperature. So it is most unlikely that the contact lenses can get warm let alone hot to the point of melting without one noticing.

A second point of everyday experience is also very relevant. Why is a saucepan handle long? Only then can one end be cool while the other end, close to the fire, is hot. Now a contact lens is so thin. It is in good contact with the eye. There is a film of fluid between the lenses and the eye. So its temperature will always be the body temperature. Also without realizing it, the eye lids keep blinking. So the upper surface of the lens is also in very good contact to the body.

This warning is possibly the result of press reports regarding burn victims, who wore synthetic clothes. Some synthetic clothes are highly inflammable than cotton and the fire also spreads far more rapidly. More importantly, the burning clothes stick to the skin causing extremely severe burns. With modern contact lenses being made of plastic, a similar problem was probably visualized. But contact lenses will not get hot by staring at barbecue or fire let alone hot enough to melt.

A little commonsense will prevent unnecessary worries for the self and those in touch on the social media.

12

Co(s)mic Mars

This post is being shared on the social media.

!! ATTENTION !!

Tonight, from 10:30 PM to 3:30 AM

Cosmic Rays will be entering Earth from Mars.

So please switch off your mobile devices.

At night, do not keep your cellular phones beside you and place it away while sleeping because this Cosmic Rays are quite DANGEROUS

From: BBC NEWS Kababalita lang a few hours ago.

Please help spread this message to your loved ones and friends to keep them safe.

Thank You!

This is not a Joke or a Hoax!

Now pause and think!!!

How can anything enter the entire earth at the same time if the source is the Mars? Mars is either visible at night or will be in the day sky and so invisible. In either case it is on the horizon for some places on the earth, at the zenith for some others and on the other side of the earth for half the world. Consider the last of these locations. If these rays should affect cell phones in these locations they must pass through the entire earth. If they do not affect the whole earth in their path why would they affect the cell phones? But the message gives a warning for everywhere on the earth at the same time. This is one internal indication that this message is a hoax.

Next consider the advice to keep the cellphone far away. This makes sense if the cellphone were to explode or would cause an electric shock when touched. Cosmic rays as they pass through the earth's atmosphere are mostly absorbed by the molecules of air. They cannot trigger lightening bolt or explosions.

There are periodic reports in press about solar flares or storms on the sun disrupting communications. But these do not cause explosions in communication equipment or electric shocks. They disturb the atmosphere and consequently wireless communication is disturbed. It is more difficult to predict the exact time of these storms on the sun than to predict weather on the earth. So much for precisely predicting the time of arrival of cosmic rays. The sun is a source of cosmic rays since it is huge and is at an incredibly high temperature. Thus, it can blow particles all the way to the earth. The Mars is even smaller than the earth and is a cold body that is visible only because it reflects sun light. Mars is not the source of any Cosmic Rays, DANGEROUS or otherwise. It cannot emit high energy particles that can reach the earth.

Close and careful examination kills attempts at fear mongering

13

Sniffs And Sniffles

This post is being shared on the social media.

This incident has been confirmed. Ladies please be careful and share w/everyone you know!

This can happen anywhere!

And Another Warning . . . Last Wednesday, a woman was at a gas station in Katy. A man came and offered her his services as a painter and gave her a card. She took the card and got in her car.

The man got into a car driven by another person. She left the station and noticed that the men were leaving the gas station at the same time. Almost immediately, she started to feel dizzy and could not catch her breath. She tried to open the windows and in that moment she realized that there was a strong odor from the card.

She also realized that the men were following her. The woman went to neighbor's house and honked on her horn to ask for help. The men left, but the victim felt bad for several minutes. Apparently there was a substance on the card, the substance was very strong and may have seriously injured her.

This incident sounds like several other reported that can be found on the Internet and there is a drug called 'Burundanga' that is used by some people to incapacitate a victim in order to steal or take advantage of them.

Please be careful and do not accept anything from unknown people on the street.

This is truly good to know.

Be sure to pass this info on.

Now pause think !!!

The person who handed the visiting card was not wearing some kind of a face mask. So why was he immune from the drug? Variants of the post avoid this problem by placing the card or currency under the windscreen wiper.

So continuing the thought process, consider that some chemical is placed on a card, currency etc. And there are chemicals which could incapacitate a human being. Anesthetics that are used in surgery are a familiar example. Criminals holding a handkerchief soaked in chloroform against the victim's nose is a familiar part of crime stories, both real and fictional.

And why do they hold it forcibly against the nose? Because, otherwise the amount of chemical required to make the victims unconscious will not be available. And why is the handkerchief soaked? Meaning a liquid used? Just to ensure that the molecules easily move from it into the atmosphere. The human nose is extremely sensitive and can detect the few molecules that leave a dry scented handkerchief.

While there are extremely poisonous chemicals that can harm humans, the quantities that can be placed on a card or a currency note when it is dry are small. While burundanga is a known poison, even the most poisonous chemical, hydrogen cyanide cannot harm at such doses.

A few molecules would leave randomly in any direction from such an object. A small part of these may travel in a direction that enable them to enter the nose but the human body will not be affected and the warning scenario is really imaginary. There is only one situation when human body reacts very strongly with very little stimulus and that is an allergic reaction.

A single sniff is not enough to snuff out life.

14

Fermented Praise

This post is being shared on the social media.

American Nutrition Association says that the previous day's soaked rice is the best for breakfast, used to be the staple diet in Kerala and Tamilnadu, not so long ago...

Rice (Tanjana Facts)

Traditionally rice is cooked in the afternoon and excess water is drained. After the rice cools down to room temperature, it is soaked fully in water and stored in an earthen clay pot. This covered pot with soaked rice is left overnight at regular room temperature.

The rice would ferment by the next morning and is eaten for breakfast.

Traditionally, it is eaten with a side dish, raw onion or green chili. Some prefer to drain excess water and eat it with yogurt and a slight sprinkle of salt.

The lactic acid bacteria break down the anti-nutritional factors in rice resulting in an improved bio-availability of micro-nutrients and minerals such as iron, potassium and calcium by several thousand percentage points. For example, after 12 hours of fermentation of 100 grams of rice, the availability of iron changed from 3.4 mg to 73.91mg (an increase of 2073%).

In the agrarian communities of South East Asia, fermented rice played a big role in the lives of people. It gave the energy, the nutrition and the cooling effect that they needed for a full day of manual labor.

Unfortunately, people moving up the food chain (or wealth chain, rather) looked down on fermented rice as the pauper's food and ignored the great nutritional value it provides.

Food scientists who researched on the food practices among various regions in the world and concluded that the South Asia's tradition of consuming the previous day's cooked rice soaked in plain water overnight, in the morning next day, as break-fast, is the best. It has the rare B6 B12 vitamins which are not otherwise easily available in other food supplements.

This rice generates and harbors trillions of beneficial bacteria that help digestion and has many disease fighting and immunity developing agents. The bacteria that grow in the intestines due to this rice safeguard the internal organs and keep them fit and ready. Consuming this rice helps quicker digestion and wards off ageing, bone related ailments and muscular pains. Brown rice is the best for this as its nutrients are retained intact.

American Nutrition Association has listed the following benefits if you stick to the practice of consuming such soaked rice.

- Consuming this rice as breakfast keeps the body light and also energetic.

- Beneficial bacteria get produced in abundance for the body.
- Stomach ailments disappear when this is consumed in the morning as excessive and harmful heat retained in the body is neutralized.
- As this food is very fibrous, it removes constipation and also dullness in the body.
- Blood pressure is normalized and hypertension subsides appreciably.
- Body feels less tired due to this food as a result of which one feels fresh throughout the day.
- This removes allergy induced problems and also skin-related ailments.
- It removes all types of ulcers in the body.
- Fresh infections are kept at bay due to consuming this rice.
- It helps in maintaining youthful and radiant look.
- Consuming this takes away your body's craving for tea or coffee. This is the richest source of vitamin B12 for vegans.

So, do not throw away that extra rice you had cooked. It could be the healthiest breakfast you will ever have

Now pass and think!!!

How can the amount of iron increase? Iron is a chemical element as school chemistry teaches and other elements will not be converted into iron except in the center of the sun due to nuclear reactions.

Some strains of Lactic Acid Bacteria do create vitamin B6 and B12 and are useful for the body. They are always present in the human intestines. The reason why one develops stomach upset with antibiotics is because

these drugs kill not only the disease causing germs but also these helpful bacteria in the intestines. But, how does soaking in water overnight create these bacteria in the rice. After cooking, rice has no bacteria left. Clearly, bacteria from the environment are multiplying in the soaked rice. Any bacteria, even harmful ones can do so.

The process of fermentation converts simple sugars into alcohol. Bacteria do not break down complex carbohydrates or other indigestible parts like fibre etc.

To talk about foods that heat and cool the body is purely Indian traditional medical terminology. This is not accepted by standard medical knowledge.

Cooked rice soaked in water is not a cure for problems ranging from constipation and obesity to hypertension and allergies.

Such silly praise of ancestral practices unfortunately reduces respect for other genuine accomplishments.

15

Fearing The Pokemon

This post is being shared on the social media.

Dear friends.

Kindly forward this message send by Col. Prabhakar Chitale, to your near and dear ones. Also to different WhatsApp and facebook groups.

Thanks

Damodar Gurujee Pratishthan, Pune.

Pokemon is not a laughing issue, it is a serious threat - not only to the individual who is playing that but also to the security system of our Country.

These kids are using the camera of their cellphones and picturising the surrounding landmarks. All these data is gathered in a gigantic server in Singapore and there are about 1800 people per shift monitoring that data round the clock.

Thus they can see the land, roads, buildings, offices, residences, transport facilities, shops, malls (and many other things) without incurring any risk.

In short, by playing this game, you are sending the sensitive data to your enemy. Looking and managing this data, the enemy can easily formulate the mode and style of terrorist attack and device the escape routes too.

Do you remember - when Mumbai was attacked on 26/11, our xxx media was transmitting the live coverage of our commandos who were planning the attack and the

bloody Pak attackers were getting the info about our soldiers and their planning.
I've spent 36 years in this field and I can sense danger just like the snap of a finger.
It would worry you if I tell you the name of the company in SG and the nationalities of the people working there?
So please be careful.
It's our Country .
Col. Prabhakar Chitale

Now pause and think!!!

First of all, the situation during Mumbai terrorist attacks was totally different. The TV channels broadcasted live, movement of the police forces. These were watched by the people in Pakistan, who then called the terrorists on mobile phones to alert them. This happened because India unlike advanced countries did not have proper rules and regulations to be enforced by police and government in such situations. These have now been created.

Next let us consider how important or secret the local surroundings of a normal person playing the game in India really are. We all use applications like Google earth, Google maps and its street view. These are possible because fairly accurate pictures of every place in the earth are already available in their sites. Governments restrain Google from displaying locations considered sensitive like military bases etc. General public is not allowed to use their video equipment there either. So if the Pokemon game center were really downloading the pictures of the place where a someone is playing the game they get the same information that is already available on the internet.

But Pokemon game does not and cannot involve transferring live video data, because it would use too much data and the mobile bills will be enormous. Actually the program in the mobile takes a photo of the surrounding and introduces the pokemons into the picture. Millions of people are playing the game all over the world. If all of them send live video feed even sixteen hundred people cannot classify and store all the photos for future use.

Actually, GPS location is the only information made available to the Pokemon site. The location changes as the mobile handset moves around. This information is used to decide on which new Pokemon entities will be made available to the player. The GPS data is very meager. Google uses the same GPS information to predict how heavy the traffic is and how congested the roads are. It does not use user videos for creating street view since that data has been collected earlier mainly from satellite images.

Finally, as of date the company has not launched Pokemon Go in India. Just to round up the fun in the post, no colonel in the army would be working for 36 years in the field and it is not possible to know the nationalities of employees of any company.

Is that a colonel or a clone of a joker?

16

Ants On The Brain

This post is being shared on the social media

Subject: BEWARE of ANTS !!!

Case 1:

A little boy died because surgeons found ants in his brain! Apparently this boy had fell asleep with some sweets in his mouth or with some sweet stuff beside him. Ants soon got to him and some ants in fact crawled into his ear which somehow managed to go to his brain. When he woke up, he did not realize that ants had gone to his head. After that, he constantly complains about itchiness around his face. His mother brought him to see a doctor but the doctor could not figure out what was wrong with him. He took an X-ray of the boy and to his horror, he found a group of live ants in his skull. Since the ants are still live, the doctor could not operate on him cuz the ants are constantly moving about.

The boy at last died. So please be careful when leaving food stuff beside your bed or when eating in bed. This might attract ants. Most importantly, NEVER eat a sweet before going to bed. You might fall asleep and suffer same fate as the little boy.

Case 2:

Another similar incident happened in the hospital in Taiwan. This man was warded in the hospital and was constantly warned by the nurses not to leave food stuff by his bedside for there are ants about. He did not heed their advice. Ants finally got to him. His family members

said that the man constantly complain about headaches. He died and a post mortem or autopsy was done on him. Doctors found a group of live ants in his head. Apparently, the ants had been eating bits of his brain. Ughhhhhh!!! So dear friends, better be safe than sorry!! Never leave food stuff beside your side when you go to sleep!!!!

Now pause and think!!!

Ants will certainly come if a sugar is sprinkled on the bed but how can they smell or detect it inside the mouth? Once an ant detects food, it will take a little bit of it to the nest and enable other ants to come and collect more food. If enough of them come they could cause allergies and other minor health issues. But why would it crawl from the food into the ear unless some sugar has been stored there? Then again how can an ant crawl from either the mouth or the ear into the brain? There is no hole! Further they are said to be alive. Since they are not amphibians they need air to breath. So the hole is large enough to permit air to go in. If such a large hole existed why should not other insects, bacteria or viruses enter by the same route? They do not need sugar to be attracted!!

Ants may enter the empty heads of those who share such posts but the ants may not find any brain to eat!!!

17

Feverish Muttering

This post is being shared on the social media.

On 4th September a seminar on the subject Fever cure in 72 hours. in Delhi, where the key speaker on the topic was Dr. Biswaroop Roy Choudhury. In the seminar he stressed upon the fact that how much ignorant the common public is about the topic and how the doctors, at large, are making money out of the ignorance and fear in minds of the patients and their attendants.

He stressed that nowadays Dengue and chikengunia are the two types of viral fever, commonly prevalent and hospitals are running out of beds in Delhi NCR and other areas. He educated that the Virus hide between the cells and are not present in the blood stream and so they cannot be destroyed through medicines because the medicine work through blood only.

Our body, which is a super computer, has its own mechanism to fight the virus. It raises its temperature beyond normal level to fight the bacteria/ virus. This causes us discomfort and disease and we go to doctor for treatment. The doctor gives us medicine for fever and as the temperature comes down, the mechanism of the body is hampered and the virus is escaped and it remains inside the body and attacks again after some time.

Whenever there is any viral or bacterial attack body raises its temperature, throws out body waste in the form of loose motion, vomiting, cold and cough etc. and by taking medicine to control these conditions we harm our body.

Then question arises what to do in this situation. Dr.Choudhury told that we have to monitor the body temperature and as it goes beyond 102.2 degree, we have to administer cold compress on head and calf muscles till the temperature comes down. Cold compress means, take four small towels and dip them into ice cold water, squeeze it and place it on head and one each on calf muscles after every 2-3 minutes, till the time the temperature comes to normal. No medicine is to be taken in such scenario. He has formulated a three day diet chart for the patient, to follow and by doing this the patient will surely be cured. The diet plan is as under :-

Day-1.- divide your weight by 10 and that much number glasses of Mosumbi juice and equal quantity of Coconut water to be taken throughout the whole day. If the patient is 60 kg of weight then he must take 06 glasses of both the juices and no solid food.

Day-2. divide your weight by 20 and that much glasses of mosumbi juice and equal quantity of coconut water and weight X 5 grams of tomato + cucumber.

Day-3. divide your Weight by 30 and that much glasses of mosumbi juice and equal quantity of coconut water and weight X 5 grams of tomato + cucumber in lunch and normal home cooked food for dinner.

By taking these steps we can successfully cure any kind of viral/ bacterial fever in three days, without causing any harm to the body and without interrupting the body mechanism. The copy of the diet plan is attached for ready reference also.

We need not panic during fever, cough/ cold/ vomiting/ loose motions but we must monitor the temperature and manage it as discussed above and supply sufficient fluids as discussed above. When we go to

doctor/hospital they prescribe unnecessary test/diagnostics to make money out of our fear and ignorance. The need of the hour is to educate ourselves and others also. Rest the body will do at its own.

Phone number of Doctor Biswaroop Roy Chodhury is 9312286540. All the Best. Stay healthy and fit. Please do Yoga and Pranayam everyday to remain healthy and medicine/ doctor free for at least 100 years of age, as our ancestors used to live.

Jai Sai Ram

Subhasish Banerjee

Now pause and think!!!

The statement that virus hides between cells is absurd nonsense. Bacteria are independent cells but viruses can only reproduce by entering the cell and forcing it to replicate viruses. Ultimately the viruses rupture the cell and attack other cells. Antibiotics do not work against viruses and hence doctors do not prescribe them unless they find that there are simultaneous viral and bacterial infections. But antiviral drugs are sometimes prescribed and an injection into the bloodstream works perfectly.

Fever is a natural defense mechanism of the body, an attempt to reduce the rate at which bacteria and viruses reproduce. Every doctor suggests the use of wet wipes to lower the temperature. But the choice of using only wet wipes or an antipyretic like crocin is not easy. A doctor has to make a judgement after evaluating the symptoms. It sounds strange to find a person claiming to be a doctor offering a universal solution and defining a temperature if 102.2 as the limit. But that is in line with the silly claim about viruses being outside the cells and not in the blood stream.

Unlike fever, the other symptoms of flu, like the running nose, cough or loose motion are not defense mechanisms of the body as claimed here. These are symptoms that have to be sometimes controlled by the use of medicines. The suggestion of this post, that they should be ignored is dangerous.

Finally the mosambi juice, coconut water, raw tomato and cucumber diet is outright silly. The quantities themselves make no sense whatsoever. How have these numbers been arrived at? Body weight is not the only thing that defines the food requirements of a human body when healthy or when suffering from a disease. After having defined a number, one tenth, twentieth or thirtieth of a body weight the fluid diet is defined as glasses! What size? Then again on the third day, tomato and cucumber slices are the lunch, five times the above number in grams!!! Perhaps the idea is that like homeopathic medicines, it would be more effective at smaller doses!

Strangely the name and contact number have been included. One only hopes that the number appropriately does belong to a lunatic asylum.

18

Airing Unconditioned Comments About ACs

This post is being shared on the social media.

Car Air-conditioning – MUST READ!!

No wonder more folks are dying from cancer than ever before. We wonder where this stuff comes from but here is an example that explains a lot of the cancer causing incidents. Hmmm. Many people are in their cars first thing in the morning and the last thing at night, 7 days a week. As I read this, it makes me feel guilty and ill. Please pass this on to as many people as possible. Guess its not too late to make some changes

Car A/C (Air Conditioning) MUST READ!!!

Please do NOT turn on A/C as soon as you enter the car. Open the windows after you enter your car and turn ON the AC after a couple of minutes.

Here's why: According to research, the car dashboard, sofa, air freshener emit Benzene, a Cancer causing toxin (carcinogen – take time to observe the smell of heated plastic in your car).

In addition to causing cancer, Benzene poisons your bones, causes anemia and reduces white blood cells.

Prolonged exposure will cause Leukemia, increasing the risk of cancer. Can also cause miscarriage.

Acceptable Benzene level indoors is 50mg per sq.ft. A car parked indoors with windows closed will contain 400-800 mg of Benzene.

If parked outdoors under the sun at a temperature above 60 degrees F, the Benzene level goes up to 2000-4000 mg, 40 times the acceptable level.

People who get into the car, keeping windows closed will inevitably inhale, in quick succession, excessive amounts of the toxin.

Benzene is a toxin that affects your kidney and liver..

What's worse, it is extremely difficult for your body to expel this toxic stuff.

So friends, please open the windows and door of your car – give time for interior to air out -dispel the deadly stuff – before you enter.

Thought: 'When someone shares something of value with you and you benefit from it, you have a moral obligation to share it with others.'

Now pause and think!!!

The item about benzene being a carcinogen is true enough. Benzene and its derivatives are a part of cigarette smoke and are responsible for the lung cancer associated with cigarette smoke. Benzene is also found in automobile exhaust gases.

That said, benzene is not a universal poison that affects bones, kidneys, white blood cells, kidneys, liver etc. when inhaled. It can enter the lungs and damage them but will not pass directly into the rest of the body.

The claims about benzene being present in the car or the AC as mentioned here are absurd. Can the dashboard, sofa etc emit benzene and in the quantities mentioned even if the car is in the sun and the temperatures are slightly elevated? These are all different types of materials, some metallic, some hard plastic, some foam

etc. Is it reasonable to expect all of them to be emitting the same chemical? In particular, hard materials cannot emit anything unless they are actually burning.

Next consider the so called limit. 50 mg per sq. ft.! Note that it is an absurd unit. Length in British system and weight in international system! In any case limit for any poison in gas form will not be defined in weight per square area! It is usually in so many parts per million.

Next consider the claim that the car indoors will have 400-800 mg of benzene. That is supposed to be ten times the limit. So, irrespective of when the AC is switched on, anyone riding in a car is already exposed to benzene, well beyond the safe limit. Now, 60F is only 20C and temperature in India would be normally much higher! Next look at the 4000mg figure. Benzene is a volatile liquid that rapidly evaporates and less dense than water. 4000 mg would be more than 4cc of benzene evaporating each time the car is parked in the sun. This would be only possible if the seat foams are soaked in benzene periodically.

Clearly the numbers have been increased indiscriminately to create a panic without any limit and expose the warning as a hoax.

Opening windows of the car parked in sun makes sense however. The air inside is hotter than outside. This is called greenhouse effect. Opening the windows lowers temperature without running the AC and consuming fuel.

Sharing something valuable is certainly a moral obligation but critical evaluation of value and exposing hoaxes is even more important.

19

Non Existent Vitamin And Cleaner Too

This post is being shared on the social media.

Important and Compulsory Announcement

A secret that has been uncovered !

Cancer is not a disease but business!!

Professor Nandita deSouza from Cambridge university;

The word named cancer is a lie...

I humbly request you to read this topic without exception.

They were mistaken in informing us of Cancer's cure.

You might not believe. But cancer is not a disease, it is a business.

@Cancer has become so spread that it has affected the old, young, baby and everyone.

@Sharing this wonderful post will expose many of "hidden hands of the world manipulators and annoy them".

@Do you know that the book "world without cancer" up till now has not been allowed to be translated into many world languages.

*Know this that, there is no disease called cancer

*Cancer consists of only deficiency of vitamin B17, it's not something else.

*Restrain from chemotherapy ,surgery and or taking medicines with heavy side effects...

Recall why in the past a quite large number of seamen lost their life to a named disease (scurvy)

A disease that took the life of numerous people...

And a number of people got an enormous income in this way...

Afterwards it was discovered that scurvy was just deficiency of vitamin C, means it wasn't a disease(illness)

@Cancer is also just like that

@The colonizing world and the enemies of humanity established cancer industry and made it to be a business.

**From cancer they earn billion billion of billions of income.

This matter is very long and deep the history of Genesis(coming into existence) of cancer industry flourished after the world war II :

So to fight cancer all these durations and details and enormous expenditures are not needed to fill the pockets of colonizers, just prevention, and the cure will simply be obtained by the following strategies:

*Eating 15 to 20 pieces of apricot's stone/nucleus(fruit stone) everyday is enough.

If you have cancer you should first try knowing what cancer is?

Do not panic!

You should first investigate

We repeat

Nowadays does anyone die of an illness called scurvy?

No-Because it gets cured.

What of cancer?

They have turned cancer into an industry...

While the way of curing it has been found long ago...

*Deficiency of vitamin B17, just this

#Eat wheat bud (wheat sprouts)

#Wheat bud is a miraculous anti-cancer medicine .

#Wheat bud is a rich source of liquid oxygen and the strongest anti-cancer matter in the name of "laetrile" ,and this matter is present in the fruit stone of Apple. Laetrile is the extract form of vitamin B17(Amygdalin)

#American medicinal industry has started implementing the law forbidding "laetrile" production, this medicine is being manufactured in Mexico and gets smuggled into US(illegally)

#Dr. Harold W. Manner in a book named "Death of Cancer" stated the success of Cancer treatment with "laetrile" as high as above 90%.

*If you have read share so that other's can benefit.

Sources of Amygdalin i.e Vitamin B17

The foods containing vitamin B17 include:

-The fruit stone or grain(seed) of fruits: Contain the most thickness of vitamin B17 in nature, which include fruit stone of apple, apricot, pear, plum and prune (prune is a dried plum)

-common beans corns(grains): which include bean, lentil sprout (lentil bud) Lima (Lima beans) and pea.

-kernels: Bitter Almond (Richest source of vitamin B-17 in nature) and Indian almond.

-Mulberries: almost all the mulberries like black mulberry, blueberry ,raspberry and strawberry.

-Seeds(Grains):sesame and linseed(seed of linen=flax seed)

-Groats of oats, barley, brown rice, groats of black wheat, linseed, millet and rye.

This vitamin is found in grains and fruit stones of apricot, brewer's yeast, rough price(paddy) and sweetmeat pumpkin.

Kindness has no any cost and reaching knowledge is an

act of worship.

@ So:

- Apricots(kernels/seeds)
- seeds from other fruits like apples, cherries,peaches,prunes,plums,pears
- Lima beans
- Fava beans
- Wheatgrass
- Almonds
- Raspberries
- Elderberries
- Strawberries
- Blackberries
- Blueberries
- Buckwheat
- Sorghum
- Barley
- Millet
- Cashews
- Macadamia nuts
- Bean sprouts

All are the highest sources of absorbable vitamin B17.

@Eating washing-up liquids (used in kitchens) and washbasin liquid(used in toilets) is the main Cancer causing factor.

So eating them is restricted.

You will surely say that we do not eat!

You daily wash your hands with washbasin liquid and wash your plates with washing-up liquids severally.

The liquid is absorbed and will not get away from the plate with washing and when cooking or eating the food , because the food is hot it gets away from the plate and gets attached to the food and we eat this washing-up

liquid with food!

If you rinse the plate even some hundred times, it's of no use.

But the solution;

You pour half of the washing-up liquid and washbasin liquid in another plate and instead of that you pour vinegar.

As simple as that,

Do not eat blood cancer causing agent and also save your family from this danger. Meanwhile ,seriously restrain from washing vegetables with few drops of washing-up liquid because if you rinse even a hundred times ,it is already in the tissues of the vegetable and it will not get away.

Instead soak it with salt and then rinse with water. And to keep it fresh add vinegar. Send this post to your beloved ones.

Please for yourself and your family read.

SENT AS RECEIVED.

Now pause and think!!!

Vitamin B17 is not recognized by modern medicine and research has shown that amygdalin and laetrile are not merely useless but actually carry a risk of cyanide poisoning at large doses. But the focus here is not to refer to experts but examine the post itself using simple commonsense.

Consider the claim the book ***world without cancer*** has not been allowed to be translated. How is this even possible? I know four languages so what prevents me from translating anything from one language to another?

In most countries in the world, even publishing requires only money and today with print on demand services, cost is minimal.

Now scurvy as has been mentioned here is caused by vitamin c deficiency. But does that mean this not a disease? By this logic diabetes is not a disease it is insulin deficiency!

And because scurvy is caused by a vitamin deficiency, it does not automatically follow that cancer is caused by vitamin B17 deficiency. Other than repeatedly claiming that cancer is the result of vitamin B17 deficiency, no research in evidence has been mentioned.

Be that as it may, consider the number of foods which are claimed to be a source of the vitamin. The list started with apricots and wheat sprouts and rapidly includes many grains, pulses, fruits etc. If it is so plentiful why would anyone have vitamin B17 deficiency in the first place? Quantities recommended are also quite small, only 15 pieces of apricot seeds.

Now comes the claim that the washing-up liquids and washbasin liquids are responsible for cancer. Now that contradicts the vitamin deficiency theory emphasized earlier!!! Which of the two should be considered true? And could one start smoking cigarettes without fear?

Then the startling claim is made that these liquids gets adsorbed on the cutlery and will not go away even if it is rinsed hundred times. But it will attach with the food since it is hot. Consider how soap or detergent helps in cleaning clothes, cutlery or even the human body. Obviously, particles of dust, dirt, oil etc originally on these

have been removed. A soap attaches to these but equally strongly with water so the dirt particles get removed by water. Otherwise there will be no cleaning action. Even if a little bit of soap is left in the plates, the human tongue and nose are extremely sensitive and detect it. So with proper rinsing the cleaning agents are removed.

No. There is no vitamin called B17. Its deficiency does not cause cancer. Soap is not left on cutlery. That does not cause cancer either.

20

Health At Your Fingertips? No Chance

This post is being shared in the social media.

See picture 20 on back cover.

Everything Is At Your Fingertips – Push These Points To Eliminate Your Pain

1A stomachache and liver problems, 1B constipation, poor digestion and diarrhea

1C kidney pains and pain uterus and bladder arthritis

2A Pain Thigh, 2B Knee Pain, 2C Leg pain and Talon, 2D Pain Foot Plant

3A little finger and thumb, 3B little finger and thumb

4A Ring Finger, 4B index finger

5X middle finger and headache,

6A jaw pain, 6B Neck pain, 6C back pain, 6D Low Back Pain

7A General torticollis neck, ovary and bladder.

8A Toothache and inflammation of gums sore lower extremities, 8B pain upper extremities

8C pain upper extremities

9X Headache and face, chest tightness, laryngitis and reflux

NOTE: By heating the Points 1A-1B-1C, 3 times a week for 5 minutes each session, can significantly stabilize health and increase body energy

Now pause and think!!!

Some questions can be asked. How were these areas identified? Why should the spinal cord be linked to the outer edge of the thumb? How can pressing relieve liver problems?

Liver abnormalities do not cause pain! Does pressing the hand relieve toothache caused by an abscess or tooth decay? But let these wait.

Obviously, there are no double blind trials. But here we seek to examine claims in the light of our own common sense rather than expert opinion.

It is very easy in these days of Photoshop to create photos of the human anatomy superimposed on a hand but can you press such small localized regions? With what? By poking with a finger? That seems to be a reasonable conclusion from the description.

But anyone who has played with an air or a water balloon realizes that when you poke it with a finger the deformation will not be confined to the point where it is touched but extends much further. This is also obvious when observing a doctor performing a liver examination.

Similarly, when a specific place on the hand is pressed, nearby regions are also pressed. In the hand, the total thickness is small. Also some people have soft hands and some hard. So the deformation away from the point of pressing will be a bit difficult to notice. But it will be obvious with careful observation.

An even more important physics concept concerns the pressure inside a soft material body like a hand which

contains lots of fluids The change in pressure is communicated to all points in the fluid equally. Thus, under the skin the pressure at all points will be exactly same.

At the very end of the post, rather than pressing as mentioned in the title, heating has been claimed to stabilize health and increase body energy. Whatever these terms mean, localized heating has similar problems as localized pressing. Exclusively heating such small areas is not possible.

So, the most important issue is not even the fact that this method of therapy has neither any logic nor a long tradition. The proposed approach is simply impossible to even experiment.

That such claims are created with an idea that they would be routinely shared and praised is more interesting than the proposed therapy.

21

Spinning Turbine Fantasy

More than 12 million people have viewed this absurd video being shared on the social media. Most like it and criticize the big industry that does not develop this technology and help the poor.

<https://youtu.be/gSVldQ6zPOE>

See picture 21 on back cover

Here is the text in the video

This turbine works 24x7 to create water out of thin air

Waterseer [™] is a turbine that creates drinkable water from the atmosphere

It condenses pure water from the air

Without using power or chemicals

The turbine spins internal fan blades

That directs air into a condensation chamber

The metal sides of the chamber are cooled by surrounding soil

Which cools the warm air inside the chamber

And condenses water vapor onto its sides

Flowing down into a reservoir

This means waterseer [™] works with or without wind

And yields 37 liters of water every day

It can be planted six feet into the ground near communities

So women and children do not have to walk six hours everyday to collect contaminated water

Simple sustainable scalable for every community

Now pause and think!!!

First the internal inconsistency. How can a turbine rotate without wind? That bit about not needing wind was added to make the whole thing look more attractive, forgetting the turbine.

Next consider the claim regarding condensation of water vapor. This typically happens in winter when the temperature is below the dew point. The dew point depends both on air temperature and the humidity. For example, if air temperature is 25C and relative humidity is 30%, the dew point is 6C.

Six feet underground, soil temperature is cooler but not by much. If one assumes it is lower by 5C, the relative humidity has to be 90% or more for condensation.

Now consider the claim of 37 litres of water. As discussed above, condensation if any will depend on having high humidity, low temperature and high wind speed. But even then condensation will be very small.

One does not suffocate when the relative humidity is 100% at 25C. Because there is enough oxygen!! Actually the fraction of water vapor in that situation is approximately 1%.

So if the turbine fan system actually pumps 1000 liters of air, it has 10 liters of water vapor. Even if it is entirely condensed one ends with about 10cc of liquid water. One has to simply remember how much steam comes out of the pressure cooker to realize this.

Now for the final absurdity of the scheme. Where is the exhaust? How do the un-condensed nitrogen oxygen etc in the air leave the buried chamber? The turbine and fan cannot pump air into the underground chamber since the pressure will increase!

The points raised above are simple common sense.

Clearly commonsense is not very common. Else twelve million people would not have liked this turbine in fantasy land.

22

A Loong Eclipse!!

This post is being widely shared and discussed in social media.

The version of the report obtained by googling mentioned 2015 but this is still being discussed on FB. Presumably a version with 2016 is under circulation. The analysis is still relevant.

WHAT EXACTLY IS GOING TO HAPPEN ON NOVEMBER 2015, ACCORDING TO NASA REPORT TO THE WHITE HOUSE ?

WASHINGTON, D.C. – NASA has confirmed that the Earth will experience 15 days of total darkness between November 15 and November 29, 2015. The event, according to NASA, hasn't occurred in over 1 Million years.

NOVEMBER POSITION

ASTRONOMERS FROM NASA HAVE INDICATED THAT THE WORLD WILL REMAIN IN COMPLETE DARKNESS STARTING ON SUNDAY NOVEMBER 15, 2015 AT 3 AM. AND WILL END ON MONDAY, NOVEMBER 30, 2015 AT 4:15 AM

ACCORDING TO OFFICIALS, THE NOVEMBER BLACK OUT EVENT WILL BE CAUSED BY ANOTHER ASTRONOMICAL EVENT BETWEEN JUPITER AND VENUS CHARLESS BOLDEN, WHO WAS APPOINTED TO HEAD OF NASA BY PRESIDENT OBAMA, ISSUED A 1000 PAGE DOCUMENT EXPLAINING THE EVENT TO THE WHITE HOUSE.

Bolden held a conference with the Obama Administration to discuss further details of the "Black Out" event. According to Bolden, "We do not expect any major effects from the Black Out event. The only effect this event will have on Earth is an increase of 6 to 8 degrees in temperature. The polar cap will not be majorly affected by this. No one should worry much. This event would be similar to what Alaskans experience in the winter." Bolden further added, The only other effect it will have is everyone will get to have a true Black Friday after Thanksgiving.

With 15 days of darkness ahead, one can only imagine what will happen on Earth. Despite NASA's attempt to keep the public calm regarding the black out, with that many days of darkness, something is bound to happen. What will you do during the 15 Days of Darkness?

According to the report, on October 26, 2015, Venus and Jupiter will engage in a close parallelism, only being separated by 1 degree. Venus will pass to the southwest of Jupiter, causing Venus to shine 10 times brighter than Jupiter. The light from Venus will heat up the gases on Jupiter causing a reaction.

The gaseous reaction will release an unprecedented amount of Hydrogen into Space. The Hydrogen gas will make contact with Earth's sun at approximately 2:50 a.m. The amass amount of Hydrogen making contact with the sun will cause a massive explosion on the Sun's surface. The explosions will cause the Sun's surface temperature to Increase to 9,000 degrees Kelvin in an Instant.

The sun will then attempt to cease the explosions by emitting heat from its core. The heat will cause the Sun to dim to a bluish color. Once the sun reaches the bluish

color, it will take approximately 14 days to restore its normal surface temperature, returning its normal color to the Red Giant.

While the sun is cooling the surface, the light from the sun will be much dimmer. Because it takes anywhere from 7 to 8 and a half minutes depending on the Earth's rotation for light from the sun to hit Earth, people will not know the event has happened until 2:58 a.m. on November 15th.

Now pause and think!!!

What does it really mean by saying that the Venus and Jupiter will be separated by one degree? Merely that they will appear close together in the sky. They will still be separated by an enormous distance. The orbit of Venus is inside the orbit of earth while Jupiter's is far outside, beyond the orbit of Mars and the meteorite belt.

The minimum and maximum distances between Venus and Jupiter are 600 and 1000 million kilometers!! The temperature of Venus is much smaller than the temperature of sun. It is also very much smaller than the sun. So how can the light from Venus heat the Jupiter more?.

Jupiter is approximately three hundred times as heavy as the earth but the sun is a thousand times larger than Jupiter. Even if hydrogen is released from Jupiter by some unknown mechanism, it would go in all directions. A very small fraction can go in the direction of the sun. How can one estimate the time taken for the hydrogen gas to be released by Jupiter and travel to the sun so exactly to predict the time of the so called explosion? Hydrogen unlike light does not travel at a fixed speed!

Finally when sun itself is made of about 73% hydrogen why would there be a surface explosion even if some hydrogen reaches the sun? Where is oxygen for any chemical reaction? High temperatures in the sun are due to nuclear fusion at the center. Then again why should increased surface temperature make the sun dim blue in color? It is not a piece of steel!!! Even more interesting, why does the temperature of the earth increase if the heat from the sun decreases?

No! Venus cannot heat up Jupiter.

No! Even if Jupiter releases hydrogen all of it cannot reach the sun.

No! Even if hydrogen reaches the sun it will not explode.

No! The surface temperature of the sun will not increase.

No! A hotter sun will not be dull blue in color.

No! The temperature of the earth will not increase for this reason.

YES! POSTS LIKE THIS PROVE THAT NO ONE READS OR THINKS BEFORE SHARING STUFF ON SOCIAL MEDIA.

23

The Navel!

The following is being shared on the social media.

It's Incredible: Put This In Your Navel And Get Rid Of Cough, Cold, Abdominal And Menstrual

Well, first you should know that many experts around the world say that this is probably one of the most effective methods of home medicine when it comes to relieving pain. It's simple procedure that doesn't require any special efforts.

And, it's very simple – you just have to put alcohol-soaked cotton in your navel! Yes, that's it! And, by putting alcohol-soaked cotton in your belly button, you will recover faster from common cold, flu, coughs, abdominal and menstrual pain. Here's what you need to do – as we said, it's very simple! You just have to take some cotton, soak it in 50% alcohol and put that in your belly button. This home remedy will help you to relieve your pain and relax the entire body.

This method is also used if you have flu, cold or muscle soreness and it's much better choice than the conventional medicine. So, the next time when you catch a cold or flu, just soak cotton in alcohol and put it in your belly button. Put a band aid over it, or simply cover it with a towel or plastic bag.

Note: and, as we mentioned before, you can use the same method to relieve menstrual pain too, you just have to lie down and press your belly button gently with your hands. For relieving abdominal **pain**, use the same method, just add some salt to the alcohol-soaked cotton

and put it in your belly button.

You should definitely try this simple, but extremely effective method! And, trust me – you will be amazed by the results! We really hope you find this article helpful and don't forget to share it with your friends and family.

Thank You and have a good one!

Now pause and think!!!

Oh! Not about this miraculous cure. It is too stupid for words. Every adult has seen a newborn baby with a small segment of the umbilicus protruding out of the belly topped by a small knot where it had been cut and tied. Everyone knows that it slowly recedes into the stomach leaving a depression that is visibly very shallow for most and a bit deeper for some. It should be obvious to the stupidest that there is no cavity in the navel that can take medicines inside the body, the skin at the navel is just like the skin elsewhere in the body and in any case alcohol and salt are common ingredients in the human body. So debunking this nonsense will not need two seconds let alone two minutes.

However, it is worth thinking about the human being who wrote this along with a photograph on the web. How gullible he expects the rest of humanity is! How contemptuously he refuses to make even a token effort to fool others. Surely, hoaxers and tricksters would be expected to put in a bit more effort!

And to think that he has succeeded at least to some extent with people sharing such nonsense and giving likes to the contents of that site!

24

Antiviral Onions

This is being shared in the social media.

ONIONS : PLEASE READ TO THE END: IMPORTANT

In 1919 when the flu killed 40 million people there was this Doctor that visited the many farmers to see if he could help them combat the flu.. Many of the farmers and their family had contracted it and many died.

The doctor came upon this one farmer and to his surprise, everyone was very healthy. When the doctor asked what the farmer was doing that was different the wife replied that she had placed an unpeeled onion in a dish in the rooms of the home, (probably only two rooms back then). The doctor couldn't believe it and asked if he could have one of the onions and place it under the microscope. She gave him one and when he did this, he did find the flu virus in the onion. It obviously absorbed the bacteria, therefore, keeping the family healthy.

Now there is a P. S. to this for I sent it to a friend in Oregon who regularly contributes material to me on health issues. She replied with this most interesting experience about onions:

Thanks for the reminder. I don't know about the farmer's story...but, I do know that I contacted pneumonia, and, needless to say, I was very ill... I came across an article that said to cut both ends off an onion put it into an empty jar, and place the jar next to the sick patient at

night. It said the onion would be black in the morning from the germs. ...sure enough it happened just like that...the onion was a mess and I began to feel better.

This is the other note.

Lots of times when we have stomach problems we don't know what to blame. Maybe it's the onions that are to blame. Onions ABSORB BACTERIA is the reason they are so good at preventing us from getting colds and flu and is the very reason we should NOT eat an onion that has been sitting for a time after it has been cut open.

LEFT OVER ONIONS ARE POISONOUS

when food poisoning is reported, the first thing the officials look for is when the 'victim' last ate ONIONS and where those onions came from (in the potato salad?). It's probably the ONIONS, and if not the onions, it's the POTATOES.

onions are a huge magnet for bacteria, especially uncooked onions. You should never plan to keep a portion of a sliced onion. It's not even safe if you put it in a zip-lock bag and put it in your refrigerator.

It's already contaminated enough just by being cut open and out for a bit, that it can be a danger to you (and doubly watch out for those onions you put in your hotdogs at the baseball park!). If you take the leftover onion and cook it like crazy you'll probably be okay, but if you slice that leftover onion and put on your sandwich, you're asking for trouble. Both the onions and the moist potato in a potato salad, will attract and grow bacteria faster than any commercial mayonnaise will even begin to break down.

Also, dogs should never eat onions. Their stomachs cannot metabolize onions.

PLEASE REMEMBER IT IS DANGEROUS TO CUT AN ONION AND TRY TO SAVE IT TO COOK WITH THE NEXT DAY, IT BECOMES HIGHLY POISONOUS FOR EVEN A SINGLE NIGHT - AS IT CREATES TOXIC BACTERIA WHICH CAUSES ADVERSE STOMACH INFECTIONS BECAUSE OF EXCESS BILE SECRETIONS AND EVEN FOOD POISONING.

Please pass this to all the people whom you love and care about.

Now pause and think!!!

The description of the first anecdote has a couple of glaring inconsistencies. The doctor is said to have observed the virus in a microscope. The very next sentence calls them bacteria. The microscope available in 1919 was an optical microscope. The influenza virus is too small to be visibly seen in a microscope. The electron microscope was not invented till 1931 and the first virus images using it emerged thereafter. More importantly in 1919 nobody knew that a virus was responsible for influenza. If the anecdote were true the doctor should have got not one but two Nobel prizes.

The disease mentioned in the second anecdote is pneumonia which is a bacterial infection! But that is only minor. More importantly, in the first anecdote the onion prevented infection, in the second it cured it!!! The patient began to recover once an onion was placed nearby.

Now recapitulate a few basic facts of biology taught in the high school. Bacteria are independent living

organisms that reproduce by cell division and use only nutrients from outside. Viruses are much smaller and do not have independent ability to replicate. They invade a host cell and force it to make copies. This eventually results in the rupture of the host cell and the viruses are released to attack other cells. Since these disease causing organisms can reproduce, it is not possible to kill every single one if them using medicines. Moreover, new ones are always entering the body from the environment. The body has internal defense mechanism that seeks out these invaders and destroys them. Medicines and even vaccines only help this system.

These microorganisms are normally adopted to specific hosts but it is impossible to rule out the possibility that the influenza virus or the bacteria responsible for pneumonia can survive in an onion. But even if they do, the onion is a host and they are simply reproducing.

The bacteria and viruses are moving randomly in the air. They can enter either the human host or the onion at random and then reproduce. They cannot detect either a human nor an onion and move towards them. While the human nose can detect the odor of an onion, bacteria and viruses cannot. For the first anecdote to represent reality, a slice of onion would have to identify rapidly moving organism among millions of particles including dust in a room much larger than itself and force them towards itself. Not one or two of them but in significant numbers to benefit humans living in the room.

The second anecdote, the onion has a power to do this for bacteria inside a human body. The later part of the post is an extension. To emphasize the point, it is made out this process of onions collecting bacteria is very fast.

Thus cut onions should not be consumed after leaving them for some time. Suddenly, the left over onions become a source of food poisoning. Of course it goes without saying that officials(?) Do not ask when the victim last ate onions and there is no specific reason why dogs cannot digest onions.

Smell of chopped onions smells over an extensive area no doubt. But the claim of it attracting viruses and bacteria has unfortunately spread its stink much further.

25

Earphone Electrocution

The following posts are being shared on social media.

Paparazzi Jamaica reports:

A young Filipino girl recharges her phone while her earphone was connected to her both ears and fell asleep. As she was sleeping, the phone overheated, burnt and the electric power went through the earphone and she got electrocuted and died in her sleep. This has happened last night at 11 pm, June 10, 2015.

Then, the website News Watch 33 put a new twist on the story. It reported that the a 19-year-old woman named Gabrielle Samuels had been killed in Houston after falling asleep with ear buds in:

According to authorities, Samuels fell asleep around 12:15 a.m. in her bedroom. The young woman had finished a conversation with her boyfriend shortly before starting up her playlist. Around 3 a.m. is when the device malfunctioned, resulting in the death of Samuels. Medical examiners at the scene determined Samuels was electrocuted by the iPhone as the cause of death.

Officials also discovered that Samuels was not using an official licensed Apple iPhone charger, which they believe contributed to the malfunctioning device.

Now pause and think!!!

While the second version explicitly does not mention fire as the cause of malfunction, both are similar reports. The implication is that due to malfunction of the charger, the

full power line voltage has appeared on the connection to the earphones. Line voltage is 220V if the first report is from Philippines and 110V in the USA in the second case. These voltages are quite capable of causing death by electrocution.

But the devil is in the detail. A typical charger provides an output voltage of 5V dc. This is not directly connected to the earphones but to the mobile phone, an iPhone in the second case. So first the charger malfunctions and the line and neutral leads are conveniently connected to the output leads. The smartphone similarly malfunctions transferring the high voltages to the jack for earphones. This is after a lot of electronic circuitry for providing the correct signals to the earphones. The two ears hear the stereo sound and each have one independent signal line and a common return. So somehow, the high voltage has not got shorted at the earphone and one of them is at the full line voltage and the other connected to the neutral.

The entire series of failures must still be capable of passing a high enough current to cause electrocution. The person is sleeping on a bed so the alternative path to ground is not available. In reality most electrocutions occur from line to earth.

Assuming that this entire series of most improbable breakdown have taken place, there is a final hurdle to cross before the person is electrocuted. The point of contact between the earphone and the human body is after the electrical signal is converted to sound waves. While the they are sometimes given a shiny metallic look, they are usually plastic and have no electrical connection to the leads. So one has to assume that both earphones also have conveniently broken down.

Now one comes to the final piece of improbability. A person being electrocuted is continuing to sleep!! This is absurd. The person would jump up screaming!! Prisoners sent to the electric chair are securely tied to prevent them from trying to pull off the leads.

This is a hoax. It serves though as a template to understand why most fears of electrocution from modern electronic equipment are unfounded.

26

Superlatively Stupid Currency Claims

Following the demonetization, the following posts were being shared widely in the social media.

New currency is not just a piece of paper. There is much more in this Note- The Rs 2000 currency is designed keeping in mind to eradicate the black money issues using state of the art indigenous nanotechnology, every Rs. 2000 currency note is embedded with a *NGC (Nano GPS Chip)*

How the embedded NGC Technology Works?

The unique feature of the NGC is it doesn't need any power source. It only acts as a signal reflector. When a Satellite sends a signal requesting location the NGC reflects back the signal from the location, giving precise location coordinates, and the serial number of the currency back to the satellite, this way every NGC embedded currency can be easily tracked & located even if it is kept 120 meters below ground level. The NGC can't be tampered with or removed without damaging the currency note

How will this help eradicate black money menace?

Since every NGC embedded currency can be tracked. The satellite can identify the exact amount of money stored at a certain location. If a relatively high concentration of currency is found at a certain location for a longer period of time at suspicious locations other than banks & other financial institutions. The information will be passed on

to the Income Tax Department for further investigation
Just a beginning of the end of black money in India

And the second

Do you know what is the best security feature of the new Rs.2000/- note released by RBI, you will be surprised to know how Modi is playing the game.

It is printed by intaglio printing method and hence is a colour shredding note. Means the color of the note will gradually disappear and in a span of maximum 3 years the note will lose all its pink color and almost become a white paper which will be invalid.

Even if you stock the note it will become invalid in 3 years, so it has to come to bank after 2 year if you want it to be valid.

So every 3 years it is a automatic demonetization of RS 2000/- note.

Now let's see how people stock the black money.

Great Idea Modi Ji

Forwarded.. As received.

Now pause and think!!!

The first post begins by acknowledging that a currency note has no source of power. By a clever use of words, the response has been termed a reflection. But the very next line says the note sends information regarding the serial number and location. How does it detect the location without some kind of communication with the internet? Just a reminder, the location has to be precise enough to distinguish between one locker and the next in a bank and must not be shielded by metal. This is non existent and possibly impossible technology even for precision guided bombs and missiles. US military would

be thrilled to have this technology even if the receiver uses a lot of power.

The second post is even more illogical. Everyone has experienced fading of colors. The rate of color loss will depend on conditions of storage such as exposure to air or sunlight, humidity etc. For example it should be expected that the top and bottom notes in a bundle would lose color first. It would become obvious very early, the people will start noticing and exchange the notes. Even as colors are lost, watermark and security thread will identify the note. So the government saves nothing. More importantly honest people as well as banks and even the government departments etc will also be exposed to losses causing even more backlash than the current demonetization.

Those who try desperately to shower superlatives at the government at every turn end up superlatively confirming their own stupidity.

27

Missing Day In Time

This post is being shared on the social media.

For all the scientists out there and for all the students who have a hard time convincing these people regarding the truth of the Bible . . . here's something that shows God's awesome creation and shows that He is still in control.

Did you know that the space program is busy proving that what has been called "myth" in the Bible is true? Mr. Harold Hill, President of the Curtis Engine Company in Baltimore Maryland and a consultant in the space program, relates the following development.

"I think one of the most amazing things that God has for us today happened recently to our astronauts and space scientists at GreenBelt, Maryland. They were checking the position of the sun, moon, and planets out in space where they would be 100 years and 1000 years from now. We have to know this so we won't send a satellite, up and have it bump into something later on in its orbits. We have to lay out the orbits in terms of the life of the satellite, and where the planets will be so the whole thing will not bog down.

They ran the computer measurement back and forth over the centuries and it came to a halt. The computer stopped and put up a red signal, which meant that there was something wrong either with the information fed into it or with the results as compared to the standards. They called in the service department to check it out and they said, "What's wrong?"

Well, they found there is a day missing in space in elapsed time. They scratched their heads and tore their hair. There was no answer.

Finally, a Christian man on the team said, "You know, one time I was in Sunday School and they talked about the sun standing still." While they didn't believe him, they didn't have an answer either, so they said, "Show us."

He got a Bible and went back to the book of Joshua where they found a pretty ridiculous statement for any one with "common sense." There they found the Lord saying to Joshua, "Fear them not, I have delivered them into thy hand; there shall not a man of them stand before thee."

Joshua was concerned because he was surrounded by the enemy and if darkness fell they would overpower them. So Joshua asked the Lord to make the sun stand still! That's right — "The sun stood still and the moon stayed — and hasted not to go down about a whole day!" (Joshua 10:12-13)

The astronauts and scientists said, "There is the missing day!" They checked the computers going back into the time it was written and found it was close but not close enough. The elapsed time that was missing back in Joshua's day was 23 hours and 20 minutes — not a whole day.

They read the Bible and there it was "about (approximately) a day" These little words in the Bible are important, but they were still in trouble because if you cannot account for 40 minutes you'll still be in trouble 1,000 years from now. Forty minutes had to be found because it can be multiplied many times over in orbits. As the Christian employee thought about it, he remembered somewhere in the Bible where it said the

sun went BACKWARDS. The scientists told him he was out of his mind, but they got out the Book and read these words in 2 Kings that told of the following story:

Hezekiah, on his deathbed, was visited by the prophet Isaiah who told him that he was not going to die.

Hezekiah asked for a sign as proof. Isaiah said "Do you want the sun to go ahead 10 degrees?" Hezekiah said "It is nothing for the sun to go ahead 10 degrees, but let the shadow return backward 10 degrees."

Isaiah spoke to the Lord and the Lord brought the shadow ten degrees BACKWARD!

Ten degrees is exactly 40 minutes! Twenty-three hours and 20 minutes in Joshua, plus 40 minutes in Second Kings make the missing day in the universe!" Isn't it amazing?

Now pause and think!!!

Actually this story was in circulation even before NASA came into existence, when it was simply attributed to scientists in general. NASA even gave an official response rejecting the claim but the purpose of this blog is not to depend on experts for debunking. Do it yourself!

The post claims that the scientists were using computers to calculate the positions of the sun, the moon and the planets so that the satellites could be launched. Knowing the positions of the sun, the moon and the planets at a future date has been a human activity for more than two thousand years.

Astrologers used some simple arithmetic procedures to do this and were fairly successful. Their methods for example included the so called retrograde motion of planets. Basically, planets could be distinguished from

stars because as days pass they appear to move forward with respect to the stars which are fixed. Occasionally, for short periods, they appear to move backward with respect to the stars. This was called retrograde motion. The series of calculations performed by astrologers are the precursors to the computer algorithms used by organizations like NASA which are of course far more accurate. The astrologers got their methods by trial and error but NASA uses the basic laws of physics, developed by Kepler and Newton.

In principle an astrologer can cast a horoscope for a date in the past. Their predictions are of course complete nonsense and the planets do not influence human life but that is a different matter. Just like an astrologer, the laws of physics or the algorithms used by NASA can be used to know the positions of the sun, the moon and the planets in the past. Of course the computer programs may need to be slightly modified since as NASA while rejecting this story pointed out they at best need such data for 10-12 years and that too only for the future.

Despite this, one can imagine someone convinced of the truth of the Biblical stories mentioned in the post, trying to use the algorithms to determine the positions of the sun and the moon several thousand years ago as per the Biblical chronology. The post claims that such an exercise discovered that approximately one day (twenty three hours and twenty minutes) was missing in elapsed time confirming the biblical stories.

But the plan was to know the positions of the sun and the moon at different times. So you ask a question what are the positions four thousand years, four months and four days before today as an example and some numbers

designating the position in the sky or in the zodiac would be provided. So the very claim that the computer stopped etc. does not make any sense.

Giving a bit more benefit of doubt, perhaps the computer found the same position for the sun and moon for the duration, thereby creating a lot of excitement? But consider the basis for the algorithm that NASA or any other scientist has to use. It is called the Kepler's law and says that every planet sweeps equal areas of an ellipse in equal intervals of time as it travels with the sun being at one focus. Thus, for example, the position of the moon with respect to the earth would change during any elapsed time. The program can never give the same answer for two instances of time unless the moon has completed one complete revolution around the earth; after nearly a month. These laws have been preferred over the earlier trial and error methods of astrologers because the position of moon as observed is better predicted by Kepler's law.

While the faithful Christians may continue to believe that the accounts in the Bible are accurate portrayal of reality, expecting science to validate the same is futile. The laws of physics are based on observations and the events described in the Bible are ignored since they do not help in identifying useful laws.

One thing can be confirmed though. A day spent trying to bend science to the prescriptions of religion is truly lost.

28

Non Existent Magnetic Radiation

This post is being shared on the social media.

Subject: Decorative Magnets on Refrigerators - DANGER !
A number of researchers at Princeton's University have discovered something scary!.

For several months, they were feeding two groups of mice: the first group with food kept in a refrigerator, and the second group with food kept in a refrigerator as well but with several decorative magnets on the door.

The objective of this experiment was to see how electromagnetic radiation (that coming out from the decorative magnets on the door) affect food items.

Amazingly, rigorous clinical studies stated that the group of mice that consumed the "radiated" food had as much as 87 % higher probability to get cancer than the other group of mice.

Inexplicably no Governments or health associations/institutions have given any statement on this regard. However and just in case, is recommendable to remove any decorative magnet from refrigerators, and put it far away from any food.

Kindly pass this information to your contacts.

Now pause and think!!!

The post at first sight appears to follow the standard methodology of science. The difference in response of

the mice to one change in experimental situation is reported. Quite obviously this experiment of feeding two groups of mice from two refrigerators, one with decorative magnets has been termed “rigorous clinical studies”.

The Princeton university researchers were apparently investigating the effect of “electromagnetic radiation” coming from magnets. Unfortunately for the claim, no researcher would expect electromagnetic radiation from magnets. One doesn't even need electromagnetic theory for this. One thing that is absolutely necessary for any change in the mice is energy and a magnet is a static object that cannot provide energy. If it did, it would be a perennial free source of energy!

One can give a bit more concession and presume that the researchers were investigating effect of the magnetic field. Such studies were more popular a hundred years ago but it was soon realized that magnetic fields are important only in a very few special chemical reactions.

But the real silliness of the claim becomes manifest when one considers the magnetic field inside the refrigerator. There is none. An iron enclosure is always the basic way to shield sensitive instruments from interference due to stray magnetic fields and even the weak magnetic field of the earth. While a magnetic field easily penetrates a thick piece of wood, it cannot pass through a thin iron sheet. That is the reason the magnet sticks to the iron sheet!!! A very large portion of the magnetic field is confined inside the iron sheet.

A researcher intending to investigate if a magnetic field influences the food or for that matter any other system

would never put it inside a refrigerator with the magnets lying outside!.

Why governments and health institutions are not taking this seriously is entirely explicable. Because there is no necessity to do so.

29

Changing Colors

The following video has been viewed by more than a million people and claims to depict a car with “Paramagnetic Paint” whose color changes with an applied voltage.

<https://youtu.be/Tl8LWTX9Guo>

The following discussion is available in public domain on sites that debunk hoaxes.

...although these particular "color-changing car" videos may not be real, the phenomenon they display may be a somewhat plausible one.

Back in 2007, motoring publications reported that Nissan had developed a process for applying a polymer coating (referred to as 'paramagnetic' paint) to automobile exteriors that could instantly change the perceived color of the car to any desired hue through the application of electrical current:

“One of the hardest decisions when picking a new car is choosing the right color but the day when cars will be available in multiple colors could be here sooner than you think. Scientists have developed a new coating called 'paramagnetic' paint that has the ability to change colors at the touch of a button. One carmaker looking into the technology is Nissan, which has already developed a self-healing paint.

Before the vehicle is painted, a special polymer containing the special 'paramagnetic' iron oxide particles

is applied to the car's body. An applied electric current then adjusts the spacing of small crystals within the iron oxide particles and therefore affects their ability to reflect light and change color.

The process is perfect for metal objects like cars because a continuous small current is needed to maintain the desired color. When the vehicle is switched off, the car returns to a default color of white.

The coating has the ability to reproduce any color visible to the human eye and it takes less than a second to change the entire car. The first commercial applications could be on the market as early as 2010."

As far as we know, neither Nissan nor any other major automobile manufacturer has yet offered 'paramagnetic' paint as an available feature on a production-line vehicle, but the days of color-changing cars like the one shown in this video may not be so far off.

Now pause and think!!!

The report in the motoring publications itself is a hoax. The sentence, "Before the car is painted....." in itself indicates the problem. Anyone who got a car painted knows that paint does not stick to the bare metal surface and certain primers are employed. Just before the car is painted there is an insulating layer on the car so how does the voltage get applied to the polymer? Let us assume that it is an unpainted car. Then the polymer has not only a wonderful property of changing color with voltage, it has another amazing property of sticking to bare metal without any problems.

Next issue is that most polymers are insulators. A new class called conducting polymers are being developed

but are extremely expensive. But a polymer that conducts electricity is never transparent. Metals that are good conductors are also not transparent. Let it be further assumed that this is indeed highly conducting polymer and is so thin that it is also transparent. But then, it is in close contact with a very thick metal sheet, the car body, so current cannot flow along the film. This is similar to laying a thin water pipe parallel to one with a much larger diameter. Most water will flow in the bigger pipe. It faces much less resistance. For the same reason water flow in a river is much faster at the center than along the bank.

So let us next assume that the current flow is across the film. Now that is certainly possible but then one needs another electrode on top and that has to be transparent so that color change if any can be seen. So one ends by tiling the car with flat screen TV sets. Certainly possible and one is not limited to changing merely colors. One can have patterns, designs and TV shows. So much for passing current to change the color of the film. Debunking just needs commonsense.

Next consider the idea that the color of the film can change because the spacing of small crystals inside iron oxide particles is changed. How thick can the polymer film itself be? Certainly thinner than a paper? Now the iron oxide particle is embedded in it. Must be even smaller. And this small particle must be like a bubble of gas for it to contain crystals that move. And how many of these can exist given the small size of the iron oxide particle to begin with? And now for these to reflect light! One sees colors on reflection from a DVD disk. The dimensions of the individual indentations are approximately equal to the wavelength of light. The little

crystals that can exist and move inside the iron oxide particle, which is inside the thin polymer film are much too small!

Even more importantly, the colors on the DVD change with position. So it cannot be a uniform change of color merely a momentary variation as the angle of observation changes. Once again simple common sense enables one to debunk the very idea of a changing space between small crystals creating a car with a uniformly changing color.

The video has been created perhaps as an illustration of the very appealing idea. But unfortunately the idea itself is a hoax. Hoaxes are not confined to social media sharing. Sometimes mainstream news is equally silly. But the idea serves a very deep and satisfying purpose.

**IT ENABLES ONE TO UNDERSTAND HOW POWERFUL
COMMON SENSE REALLY IS**

30

On throwing eggs!

The following posts are being shared on social media.

Wow just heard something scary this morning and should be a warning to others!! A mother told me that should could have lost her daughter this weekend in a frightening incident between Moose Jaw and Regina. Sunday morning at 9:00 A.M(an unsuspecting time) her daughter was leaving Regina to go to Moose Jaw when a car drove by her and threw a bunch of eggs at her windshield. Having recently heard about it in the news she knew not to turn on her wipers, as it would smear all over her windshield causing her to pull over. She continued to drive and did not pull over. The car with roughly 4 young males followed her until the Pinkie road, waiting for her to pull over. She did not, so they eventually gave up. Her mother was very thankful that her daughter did not pull over, because who knows what would have happened! Her daughter was told by the police that it is a gang initiation. If you have eggs thrown at your windshield or vehicle **DO NOT STOP, DO NOT PULL OVER,** and don't turn on your wipers!! Stay safe!!If you are driving at night and eggs are thrown at your windshield.

Do not operate the wiper and spray any water because eggs mixed with water become milky and blocks your vision up to 92.5% so you are forced to stop at the roadside and become a victim of robbers. This is a new technique used by robbers. Please inform your friends and relatives. This also happens on interstates near exits.

Now pause and think!!!

The idea is that something is thrown on the windscreen of a car that forces the driver to stop and thus become a victim of robbery, assault or worse.

The contents of the egg by themselves are obviously of too small a quantity to cover the windscreen but if the driver uses water spray and wipers, the combination of water and egg is claimed to be opaque and cover almost the entire windscreen to force the driver to stop.

This is unlikely since the combination of water and egg becomes a white emulsion only with vigorous mixing and not by the action of a wiper. It is also unlikely to stick to the windscreen or be completely opaque. But such issues are irrelevant.

An egg or for that matter any other projectile cannot be used to block vision and force the driver to halt. To understand why, it is only necessary to visualize the movement of the car and the object being thrown.

When viewed from the front, the windscreen covers much of the front and appears an easy target. But the miscreant cannot stand on the center of the road to throw. He has to stand on the side and aim at a moving vehicle. As the car comes nearer, the target becomes smaller! One has to remember that when the car is actually passing by, the windscreen is almost invisible since it is perpendicular to the direction of movement. Thus, the direction and size of the target, namely the windscreen is continuously changing.

There is an even more important issue. The car could be moving at speeds ranging from about 30 to upwards of

100 kilometers per hour. That translates to the car moving approximately 10 to 25 meters or some thirty to hundred feet in one second. An expert baseball pitcher can throw at speeds of up to 150 kilometers per hour over short distances. So the egg would also take one or two seconds to travel from the hand to the car.

The thrower has to anticipate the possible position of the car and throw the egg, very much like a hunter shooting a bird in flight. Unlike the car and the egg, the speeds of the bird and bullet are vastly different. Despite the bullet being so much faster, shooting is a very difficult skill. The egg thrower has no chance on earth of actually striking the windscreen let alone blocking the vision and forcing the driver to stop.

Hitting the side of the car for damaging it is of course much easier. Similarly, many alternative ways of stopping a car to attack it can be imagined.

While throwing rotten eggs is recognized as a form of protest, throwing eggs with an idea of stopping cars is a form of lunacy.

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Some Advice Regarding Sleeping

The following is being shared in the social media.

What Time Should You Sleep?

Is there a best time to sleep?

There is a saying that sleeping early and waking up early is good for your health. How true is that? Is it alright to sleep late and wake up late?

You actually have an amazing biological clock ticking inside your body. It is very precise. It helps to regulate your various body functions including your sleeping time. From 11pm to 3am, most of your blood circulation concentrates in your liver. Your liver gets larger when filled with more blood. This is an important time when your body undergoes detoxification process. Your liver neutralizes and breaks down body toxins accumulated throughout the day.

However if you don't sleep at this time, your liver cannot carry out this detoxification process smoothly.

- If you sleep at 11pm, you have full 4 hours to detoxify your body.
- If you sleep at 12am, you have 3 hours.
- If you sleep at 1am, you have 2 hours.
- And if you sleep at 2am, you only have 1 hour to detoxify.

What if you sleep after 3am? Unfortunately, you won't have any time to actually detoxify your body.

If you continue with this sleeping pattern, these toxins

will accumulate in your body over time. You know what happens next.

What if you sleep late and wake up late?

Have you tried going to bed very late at night? Did you realize you feel very tired the next day no matter how much you sleep?

Sleeping late and waking up late is indeed very bad for your health. Besides not having enough time to detoxify your body, you will miss out other important body functions too.

From 3am to 5am, most blood circulation concentrates in your lung. What should you do at this moment? Well, you should exercise and breathe in fresh air. Take in good energy into your body, preferably in a garden. At this time, the air is very fresh with lots of beneficial negative ions.

From 5am to 7am, most blood circulation concentrates in your large intestine. What should you do at this moment? You should poop ! Pass out all unwanted poop from your large intestine. Prepare your body to absorb more nutrients throughout the day.

From 7am to 9am, most blood circulation concentrates in your stomach. What should you do at this moment? Have your breakfast ! This is your most important meal in a day. Make sure you have all the required nutrients from your breakfast. Not having breakfast causes lots of health problems for you in the future.

There you are...the most ideal way to start your day.

After fully detoxifying your blood during your sleep, you wake up fresh to inhale beneficial energy. Then you pass out unwanted poop from your large intestine. After that, you take in balanced nutrients to prepare your body for a new day.

No wonder people living in villages or farms are healthier.

They sleep early and wake up early. They follow their natural biological clock.

Living in city, we have more difficulty in following this sleeping schedule. We have good lighting, TV and internet to delay our precious sleeping time.

Follow your natural timetable.

What if you're offered a night shift job? I recommend you to reject it even if the salary is higher. For long term, you may need to spend more money for your health problems.

What if you have assignment to do until late at night?

Well, why not sleep early and wake up earlier to do it?

Just shift your work time from late night to early morning.

You get the same time. But your body will appreciate it.

Try to follow this timing as close as possible. Make it your daily routine.

####Live Healthy, Eat Healthy and Sleep well guys

@@@@

pause and think!!!

The funniest claim made is regarding the blood circulation concentrating in the lungs between 3 AM and 5 AM. Blood has to be oxygenated in the lungs at all times, whatever be the organ that needs oxygen. Incidentally, you cannot take in “good energy” by exercising. Negative ions cannot be floating around in the early morning air either!! Exercise consumes energy. When you exercise hard, the body needs extra oxygen and so the heart rate goes up and eventually you gasp for breath. That feedback is how the body responds to every kind of external stimulus.

Eating food similarly triggers the body to activate digestion process in the stomach. Blood circulation does not concentrate in the stomach between 7 to 9 AM irrespective of there being any food in the stomach. We Also know that food stays in the stomach much longer than two hours.

The large intestine does not need a large amount of blood circulation, the muscular movement to move the undigested waste and absorb water does not need it. Humans have a “large” intestine so waste accumulates for 24 hours or even more without any problem.

The claim regarding the liver performing its detoxification process precisely or primarily for three hours is similarly silly. For example, when we exercise for a long duration, lactic acid builds up in the muscles leading to cramps. The liver starts to immediately remove this toxin. As with everything else, this is a feedback mechanism. The detoxification process begins whenever it is needed.

Even apart from the bizarre science about blood flow to specific organs the overall advice makes little sense, notwithstanding the advice against accepting night shift jobs. (No one takes these jobs unless forced by circumstances).

Most people are comfortable with about seven to eight hours of sleep and the post advocates beginning the day at 3AM. Presumably one has to getting bed with the birds at 7PM.

Sleeping late and getting up late is for many a bad choice not because you miss the blood circulation in the large intestine but because it interferes with the circadian

rhythm of approximately 24 hours. The hormone melatonin that controls sleepiness maximizes around 2AM and sleep at that period is most peaceful.

The circadian rhythm is a very complex phenomenon which varies with age and more importantly for people who live in high latitude regions where the daylight hours vary seasonally, ultimately ending with the famous six month day and six month night at the poles.

Imaginary science has been invoked to mask the recommendation of a traditional lifestyle.

Tagging The Citizens

The following is being shared on the social media.

SPECIAL EDITION PLEASE READ!

CDC Whistleblower Exposes Ebola Vaccinations Containing RFID Chips. A CDC whistleblower has recently gone on record to expose nefarious government plans which would use the impending US Ebola pandemic as an opportunity to implant RFID technology in American citizens.

Brent Hopskins was a CDC contractor before coming forward with serious allegations against his former employer. Hopskins claims that an Ebola vaccine has been prepared for the general public in the form of disposable, one-use syringes. The downside, however, is that each of these syringes will contain not only the vaccine, but a micro RFID chip as well. CDC officials intend to issue these syringe packages to over 200,000 households by December 1st. Consumers will also be able to request the Ebola vaccine at their local drug store

Hopskins also indicates that the RFID chip will work toward more easily identifying and separating those who have been inoculated and those who have not. Individuals who refuse the Ebola vaccination will face serious hurdles in gaining employment, visiting public places, obtaining future medical care, and even potential prison time.

Now pause and think!!!

Currently there is no Ebola vaccination program. Currently no laws permit discrimination against those refusing to vaccinate themselves etc. But these are not the major issue. A new social media post could claim that vaccines for other diseases or perhaps even standard medicines are being employed as vehicles for injecting RFID chips. Other approaches for introducing RFIDs into the bloodstream can also be imagined.

The key questions are whether the government or anyone else for that matter could actually fabricate and introduce an RFID chip into the bloodstream of an individual without consent and if that is technologically feasible what are the implications for privacy and fundamental rights of the individual.

Obviously technology to fabricate any device at the most microscopic size is available. Two things however are limited by the physics of the RFID device and will not change with technology that could miniaturize the device. Energy will be required for operation and an antenna is required for communication using radio frequencies. The size of the antenna for efficient communication will depend on the frequency.

Now consider the proposition. If it is miniaturized to the size of a particle of dust as claimed, there is also no source of energy such as battery in the device. So the device has to extract energy from the detector for its own operation also. On the other hand the antenna if any will be extremely small and inefficient. The combination will only work at extremely short distances and the detector must operate at high powers. So it is impossible for the

detection to be unobtrusive. It will be immediately objected to since people are highly sensitive about radio frequency radiation.

It may not even work in most scenarios. The RFID, may not float in the fluid medium of the vaccine unless it is extremely microscopic. It has a high density, being fabricated using silicon technology. It could settle at the bottom or stick to the walls of the vial making the delivery into the bloodstream very inefficient. Even if the device enters the bloodstream, it's final location would be extremely uncertain. It could be deep inside the body increasing the distance from the detector.

The government's ability to snoop on the citizens and compromise their fundamental right of privacy is no doubt increasing but placing an RFID device in a vial of medicine is not a practical way of doing it.

Hopefully the powers that be are sensible enough not to waste public money on such unviable unscientific measures.

33

Egg In The Face

The following is being shared on the social media.

Eggs - Amazing!

A MUST READ & Copy

A young man sprinkling his lawn & bushes with pesticides wanted to check the contents of the barrel to see how much pesticide remained in it. He raised the cover and lit his lighter; the vapors ignited and engulfed him. He jumped from his truck, screaming. His neighbor came out of her house with a dozen eggs and a bowl yelling: "bring me some more eggs!" She broke them, separating the whites from the yolks. The neighbor woman helped her to apply the whites onto the young man's face. When the ambulance arrived and the EMTs saw the young man, they asked who had done this. Everyone pointed to the lady in charge. They congratulated her and said: "You have saved his face." By the end of the summer, the young man brought the lady a bouquet of roses to thank her. His face was like a baby's skin.

A Healing Miracle for Burns:

Keep in mind this treatment of burns is being included in teaching beginner fireman. First Aid consists of first spraying cold water on the affected area until the heat is reduced which stops the continued burning of all layers of the skin. Then, spread the egg whites onto the affected area.

One woman burned a large part of her hand with boiling water. In spite of the pain, she ran cold faucet water on

her hand, separated 2 egg whites from the yolks, beat them slightly and dipped her hand in the solution. The whites then dried and formed a protective layer. She later learned that the egg white is a natural collagen and continued during at least one hour to apply layer upon layer of beaten egg white. By afternoon she no longer felt any pain and the next day there was hardly a trace of the burn. 10 days later, no trace was left at all and her skin had regained its normal color. The burned area was totally regenerated thanks to the collagen in the egg whites, a placenta full of vitamins.

Since this information could be helpful to everyone:
Won't you please pass it on?

Now pause and think!!!

The first anecdote does not mention the use of cold water. It is not correct to claim that the first aid training for firemen recommends that cold water be followed by egg white.

There is no controversy about the use of cold water but this is a modern practice introduced after the distinction between first, second and third degree burns was understood. If all the layers of skin are burnt over an extended area, new skin doesn't form and skin grafts may be needed. Cold water could reduce this possibility if the area is still hot enough. This distinction between burn injuries of different severity being unknown in antiquity, it is not surprising that cooling with water was not traditionally recommended.

The skin is the barrier that protects the organism. Thus, it would be obvious to any logical mind that protecting the inside with a safe material is very important in protecting

open wounds. Modern studies have identified use of leaves as bandages even among chimpanzees. The search for “sterile” bandages, would obviously have been a part of traditional medical practice even if the precise mechanism of sterility would not have been known till the advent of the modern germ theory of disease. Thus, oil camphor mixtures, honey etc., materials that resist putrefaction have been identified in many cultures as salves and balms.

At first sight, the inside of an egg may appear to be good candidate since the contents are not contaminated. But biological science seems to indicate otherwise. Eggs are sometimes observed to be hosts to extremely virulent bacteria and thus using egg white is a risky proposition at best. The exposed skinless region could be an easy target and even a place for rapid reproduction of bacteria. Similarly science would question the utility of collagen, a protein in the formation of new skin.

Actually one can draw a similar negative conclusion regarding the medical efficacy of egg whites by remembering the common experience that the contents of an egg are extremely prone to putrefaction once the shell is broken. There is really no reason why the egg white applied as an external balm should not become a source of germs rather than a protective barrier as claimed. A completely sterile and neutral medium like mineral oil may serve as a better barrier

Ultimately using egg white for bandaging a burn injury may be just another instance of getting “egg in the face”.

34

The Bigg “SuperMoon”

The following three photographs are among many depicting astronomical objects being shared on the social media.

This is the sunset at the North Pole with the moon at its closest point. And, you also see the sun below the moon. An amazing photo and not one easily duplicated. You may want to save this and pass on to others. **See picture 34a on back cover**

Super rising above Sierra Nevada Sequoia National Park California. Last night, the moon was the biggest, and brightest full moon for 2012. Commonly referred to as a “Supermoon”, it appears brighter and bigger, as the moon will be closest to Earth. This shot was taken over Nevada. Probably the most beautiful Moon shot I have ever seen in my lifetime. **See picture 34b on back cover**

This is a real photograph taken at #Kailas, Maan-Sarovar - Tibet-China border from 18,600 ft height at 3.30 am. The photo is not edited!!! **See picture 34c on back cover**

Now pause and think!!!

A school textbook would point out that the sun is a star and that it is very much larger than the earth. On the other hand the moon is much smaller. The issue however is not how large they actually are but how big they actually appear in experience. The stars for example appear like point sources of light much smaller than the full moon.

Even the sun and the full moon appear much larger when they are near the horizon. Thus the announcements that the moon or mars or venus would appear much larger than usual would appear entirely possible.

But how “big” is big and how much “larger” does something appear. More importantly how to determine if an image being shared is an honest representation of nature or a digital manipulation.

Any object appears bigger when it is nearer. The sun or the moon are actually nearer to an observer when they are at the zenith. The difference being approximately the radius of the earth. The distance between the centers of the earth and of the moon will not change much during the course of a day. When the moon is at the zenith, the observer is on the surface of the earth and the distance to the center of the moon is smaller. When the moon is at the horizon, the observer and the center of the earth are at the same distance from the center of the moon.

Thus, why does the moon appear larger when at the horizon? This is a classic example for the idiom, appearances are deceptive. There is a simple trick that can be used to prove this. If the little finger is held perpendicular to the stretched hand and close to the moon, the two can be compared. The diameter of the moon will be about half the width of a little finger. If the comparison is made with the moon at the horizon and zenith it will become apparent that the size has remained the same. The different sizes are merely a perception of the eye. If comparison with the little finger is not convincing one could use a thinner object like a drinking straw or a thin pencil.

The distance between the moon and the earth is much larger than the radius of the earth. So the small change in moon size between horizon and zenith will not be observable. The ratio of the actual size of the object to its distance is however a useful quantity to evaluate pictures being shared. The apparent sizes of the sun and the moon are approximately equal. The sun is much larger but is also much farther. Accidentally the ratio is the same. This is the reason for the total solar eclipse when the moon completely masks the sun and stars become visible. (It is dangerous to the eyes to try and compare the size of the sun at zenith using the procedure described for the moon). The so called view of the sun and moon at north pole clearly is a hoax. In it the moon appears much larger than the sun!

The science textbook would inform that the orbit of a planet around the sun or of the moon around the earth is an ellipse and not a circle. So the apparent sizes of the moon and the sun do change but by small amounts. That is the reason sometimes annular solar eclipse is observed rather than total eclipse. The apparent size of the moon is slightly smaller and a ring of sun is observed. Except for this, the variation of the moon size for example the so called supermoon will not be perceived by the human eye. One has already seen the problem with perception at horizon and zenith. It is humanly impossible to reliably compare a full moon with memory of the earlier full moon

For the naked eye, the planets, stars etc are all points of light. The distance between the individual planets and earth changes significantly as they independently go round the sun. However the changes in apparent size,

while observable in a powerful telescope are not perceived by the normal human eye. As for stars, they are so far away that they are point sources of light even with the most powerful telescopes. Mars, Jupiter or Saturn, will never appear to be comparable with the moon even if the distance becomes minimum possible.

With objects on the earth, the apparent size changes with distance between the observer (camera) and the object. For a coin of one centimeter diameter to be of the same apparent size as the moon, it has to be two meters away. This gives a logical way to analyze if a given picture is true to nature.

First one considers the actual size of the object and estimates how far it must have been to be comparable with the moon in the picture. Then one checks if the detail of the object visible could be observed from such a distance. Finally one checks to see if the moon is close to the horizon. In principle, an object on the horizon can be viewed from a distance of a kilometer. But to view a moon, high in the sky along with the earth bound object, they must be viewed at best from the surface of the earth. It is not possible to get to one kilometer below the surface to take a photo. So they cannot be photographed from a long way off to make the moon comparatively large.

In the picture claimed to be in the Sierra Nevada national park, the mountains are shown with too much detail to have been genuinely photographed from a long distance to accommodate the size of the moon. The foreground is also too close to the background leading to a possibility that this is an art work. In the second picture, the length of the road and the details of the side barriers indicate

that it is a picture taken from near the hillocks on the side. In such a situation the moon cannot be so large. Clearly the moon has been photographed separately, enlarged and superimposed.

Finally, here is a real picture that shows a boy watching a solar eclipse on the horizon. The picture has been taken from a distance of 2.5 kilometers. Both the apparent size of the boy and the lack of detail are correct. **See picture 34d on back cover.**

<http://www.dailymail.co.uk/news/article-2167595/Stunning-image-shows-boy-watching-solar-eclipse--taken-1-5-miles-away.html>

35

Equinox Eggs On End

Claims about eggs and more recently brooms acquiring an ability to be balanced on end emerge at the equinoxes.

Every year on the vernal and autumnal equinoxes (on or about March 20 and September 22), the two days per year in which the length of day and night are the same, we hear about a magical property of these days that allows eggs to be balanced on end.

Hardly does a year go by in which a local TV news station doesn't send a reporter out to a neighborhood park to capture images of people delightedly placing eggs on the ground and watching in amazement as the eggs stand on end. See **picture 35a on back cover**

February 2012 saw the widespread promotion of a more recent wrinkle to the legend: pictures of brooms standing on end circulated via social media, accompanied by claims that the arrival of the equinox also brought special broom-balancing properties with it. **See picture 35b on back cover**

There is a corollary that is not as well known. It was claimed during my childhood that the long wooden pestles (rokali as it is called in telugu) can be balanced on its edge during a solar eclipse and only during a solar eclipse.

Now pause and think!!!

Merely an assertion that some brooms and some eggs can be balanced on days other than the equinoxes will not be totally convincing. Arguing that some eggs have deformations and therefore can be balanced on all days is similarly not sufficient. There is always a lingering doubt (or an evasive response by the believers) that more eggs and brooms balance on equinoxes. Deferring to experts is not the basis of arguments in this presentation. Individual experience itself has to guide the reader to the correct conclusion that the claims are a hoax.

For this, it is important to correctly recognize that the human knowledge of tides is intimately connected to the emergence of this specific myth. Many human societies have known for centuries that the sun and the moon cause tides in water bodies, most importantly in the seas and oceans. Many understand that, for an accurate prediction of a local tide, the positions and directions of the moon, to a lesser extent the sun and finally with local geography have to be taken into account. If the sun and the moon can cause a huge tidal wave why can't it cause the egg to balance?

Actually, the gravitational pull of the earth on any object on its surface is about two thousand times larger than the gravitational force due to the sun. The force due to the moon is about one twentieth that of the sun. But the variation these forces from the point on the earth where the moon or the sun is directly overhead to the opposite point, a distance one earth diameter is important for tides.

Moon is the primary cause of tides because the ratio of the diameter of the earth to the earth moon distance is

much larger than the ratio of the earth diameter to the earth sun distance. The contribution to tides from the sun is about one third of the moon contribution.

Most importantly, high tide occurs when the moon is at the highest point in the sky and the point of the earth diametrically opposite. Thus, the force has a direction also. This is crucial for analyzing the claims.

On the day of the equinox, every place in earth has twelve hours of day and of night. But the sun is directly overhead only on the equator and that too momentarily. At some place it is sunrise, at some sunset and half the places on the equator experience night!

So the special benefit if any of the force from moon directly opposing that from the earth, important for balancing, can only occur at midday on the equator. Elsewhere the direction of this force of the moon is in another direction. The absence of this crucial issue is the internal logical inconsistency that points to the claim being a hoax. The contribution if any cannot be the same at all points on the earth even on the day of the equinox. Similarly about the less well known folk tale about the solar eclipse! Eclipses are rare at midday.

So trying to balance eggs on equinox is a waste of time but finding the internal inconsistency in the claim is useful. It reminds one to remember that forces have a direction. They are vectors as a physics textbook would inform.

36

Meditating On Heartbeats

The following post is being shared on the social media.

*Why Meditation is necessary?*Please read below from Medical Angle. From the time of our birth till death the heart works continuously.

Everyday the heart pumps 7000 liters of blood, of which 70% blood is pumped to the brain and the remaining 30% to the rest of body.

The blood is pumped through veins/arteries which are about more than 70,000 km long. The strength required to pump the blood up to 42 ft high and weight of 1 tonne is generated by the heart everyday through its work. We take rest when we are tired but if the heart takes rests for 4-5 mins we will have to rest forever.

How does the heart work so much efficiently and effectively?

Heart works effectively because it follows a discipline. In normal conditions the heart takes 0.3 secs to contract (systole) and 0.5 secs to relax (diastole). So $0.3+0.5=0.8$ secs are required by the heart to complete one beat (1 cardiac cycle). That means *in 1 min, the heart beats 72 times which is considered as normal heart beat.*

During the relaxing phase of 0.5 secs the impure blood travels through the lungs and becomes 100 % pure.

In some stressful conditions the body demands more blood in less time and in this situation the heart reduces the relaxing period of 0.5 secs to 0.4 secs. Thus, in this case the heart beats 82 times in 1min and only 80% of blood gets purified.

On more and more demand the relaxing time is further reduced to 0.3 secs then only 60% of blood is purified. Thus 20-40% of impure blood is pumped in the veins/ arteries. These impure components (cholesterol/lipid) gets deposited on the walls of arteries/ veins and thus the elastic nature of the veins and the arteries is lost. So they become plastic in nature.

After some time due to the above conditions the veins/arteries become rigid. Now if a blood clot travels through the veins / arteries (which in normal conditions gets easily passed away due to the elastic nature earlier) gets blocked and resists blood flow in that area. This results in a blockage which further *results in Heart Attack.*

From the above discussion, we can easily realize that the main reason for the heart problems is the increase demand of blood by the brain and the body.

When the activity of brain is stimulated it demands more amount of blood than that of normal conditions.

To stimulate the activity of brain 25-30% of diet we take is responsible whereas the remaining 70-75% is due to the thinking, emotions, attitude, memories and other processes of the brain.

So, those who want to keep their heart working effectively for a long period of time they should protect themselves from - worries, anger, sadness, emotions, sensitive behavior, stress and hurry.

To protect ourselves from the above, few things *there is no MEDICATION available!*

So, the only option is *MEDITATION*.

So it is always said :

SPIRITUAL HEALING IS ONLY THE TRUE HEALING

Do meditate & Have a nice life.

Now pause and think!!!

The claim that 70% of blood supply is for the brain is factually incorrect. Actual estimates are about 15%. Even that is quite high. Brain constitutes roughly 2% of body mass. Blood supply to the brain does not change with physical or psychological stress. The statement that cholesterol/lipids are impure components of blood is factually incorrect. They are essential for body function and while high levels are a concern, they are not the result of insufficient oxygenation of blood. Similarly, it is factually incorrect to claim that there is no medication available for heart attacks, dissolving blood clots or lowering cholesterol. But these facts are normally available to the doctors.

There are logical and factual errors in the post that do not need expert knowledge. The first of these is “The strength required to pump the blood up to 42 ft high and weight of 1 tonne is generated by the heart everyday through its work”. It is a meaningless sentence. At best one can guess that the daily work output of the heart would be sufficient to lift a one tonne weight to a height of 42 feet. The comparison is silly. It is like counting the number of ants required to move a dead elephant by counting the number of ants carrying a dead cockroach to their nest.

More importantly, the claim that blood travels through the lungs during the diastole period and gets 100% purified is obviously wrong. Blood can only move when the heart pumps, so how does it “travel” while the heart is resting? Secondly, blood is not purified in the lungs. Only oxygen and carbon dioxide are exchanged. Even if one stretches the meaning of the word purification, how does the

diastole period come in? There are no valves to control blood flow in the lungs. More importantly the breathing in and out is not simultaneous with heart beat. As the heart rate increases, during physical exercise for example, the breathing becomes more labored, the person gasps for breath but there is no synchronization with heart beats. Taking deep breaths is a way of increasing oxygen availability and expelling carbon dioxide more efficiently. After a strenuous exercise, the breathing and heart rate slowly go back to normal as the demand for extra oxygen ceases. So the entire elementary arithmetic linking reduced diastole time to lower purification of blood is simply absurd.

Heart attacks are more likely when the heart cannot deliver the oxygen demanded by the body but there is no evidence to suggest that brain activity demands more blood. As a matter of everyday experience, one can continue to think while doing strong physical exercise like climbing a mountain and being immersed in thought does not cause any increase in heart rate. And despite the claim by yogis that it is possible, has anyone actually stopped thinking? The claim that food stimulates brain is an article of faith for those committed to traditional meditation but it is not something that can be experimentally confirmed. More importantly it has nothing to do with the heart rate issue discussed here. While psychological stress is often cited as a contributor to bad health and doctors do advise to avoid stress, it is not a straightforward relationship with heart beats.

Meditation may possibly have positive impact on both physical and psychological health but posts such as this would only cause the whole idea to be ridiculed.

37

Salt Isn't the Problem

This is being shared in the social media.

DOCTOR'S VERDICT ON SALT

No wonder in the olden days BP problem was never heard of. We didn't have iodized salt! We all must switch to Rock Salt. What is bad for hypertension is iodized salt, which is fake. It is made up of only 3 synthetic chemicals, sodium, chloride, iodine. It does not melt in water, does not melt in the body, does not melt in the kidneys, gives kidney stones, and raises blood pressure. However, it is the salt favored by the drug-based doctors who say it is very clean and sanitary, pointing to how white it is and how it glistens like diamonds. Fake salt is man-made in a factory.

True salt, which comes from the sea and dried under the sun and commonly called rock salt, has 72 natural minerals including natural sodium, chloride, and iodine. It melts in water, melts in your body, melts in the kidneys, does not give kidney stones, and best of all, brings down blood pressure and stops/prevents muscle cramps, numbness, tingling. If you get muscle cramps in the lower legs at night, just take a half teaspoon of rock salt and a glass of water, and the cramps with its horrific pain will be gone in 5 minutes.

A woman who had a BP of 240/140 and was visited at 10:30 pm by a doctor said it was a matter of "life and death" because the high BP was already giving her a crushing headache, especially the back of her head. She could not walk up the 6 shallow steps to her porch. Two

men had to help her, one on each side, in addition to the cane that she needed to prop herself up. She was muscle tested and found to have a BP of 240/140 with crushing pain in her head, her body's water content was only 6% (normal is 75%), salt content was zero, potassium was 96% deficient, and cardiac output (blood flow from the heart) was only 40% (normal is 100%).

So the blood supply to the head was 60% deficient. The doctor gave her a 6" long green chilli (hot pepper), 1 raw ripe Saba banana, 1/2 teaspoon of rock salt and 3 8-oz glasses of tap water.

The chilli was to normalize cardiac output and shoot blood to the head, the saba banana was for the potassium deficiency and to have food in the stomach because pepper will give a stomach ache if the stomach is empty, and the rock salt and the water were the first aid for her severe dehydration which was causing her arteries to be dry and stiff and her blood to be thick and sticky, because she was dehydrated.

After 5 minutes, she said, "The pain in my head is gone." He took her BP, it was 115/75, and cardiac output was up to 100%. She walked out of the house to her car without the men helping her and without the cane.

She has been taking 2.5 teaspoons of rock salt, 15 glasses of water, 6 Saba bananas and 3 of the long pepper daily since then (beginning September 2009), and her BP and cardiac output have been normal since then.

Why salt? Because without salt the body cannot retain water no matter how much water is drunk. You will still be dehydrated because you will just keep urinating and sweating the water out.

This is not an isolated case. When BP is rising high but there is little or no headache but there is stiffness of

shoulder and neck muscles, all you need to normalize the BP and remove the stiffness and the pain in 5 minutes is 1/2 teaspoon of rock salt and 3 glasses of water. If there is crushing pain in the head, it means blood supply to the head is lacking, and you will need the chilli to normalize it and shoot blood to the head and remove the extreme pain.

PLEASE SHARE. IT MAY HELP SOMEONE!

SHARING AS RECEIVED!

Now pause and think!!!

Can any one of us know our blood pressure without having an instrument? Till a few decades ago, one needed not only the instrument but also a trained person using a stethoscope! So how could anyone in the olden days identify a BP problem?.

Next one comes across a claim that rock salt, described as being produced by drying sea water in the sun is superior to iodized salt. Hilariously it is claimed that iodized salt doesn't melt in the body. Melting is the process whereby a solid become liquid due to heat. Thus, ice melts at room temperature. For the record, the melting temperature of most salts is in the range of 800-1000 C. How exactly does iodized salt "melt" in the body, get to the kidneys and cause stones or BP? Next is the claim that iodized salt contains synthetic chemicals, sodium, chlorine and iodine. Synthetic has become a universal derogatory description of anything and everything but here it is really wrong. The only synthetic elements are radioactive!!!! There is no difference between the atoms of sodium in iodized and rock salt. There just cannot be.

Now comes the claim that rock salt melts in water. If this is what “melts” is supposed to mean, iodized salt does too. In the earlier para, the word water was quietly removed since everyone knows that it does. There is no difference between natural sodium in rock salt and synthetic sodium in iodized salt. Such differences are often claimed for more complex biological products. There it is more difficult to prove that such differences are not important. Elements like sodium or chlorine are exactly the same anywhere in the universe.

An issue has also been forgotten while praising rock salt. When sea water is dried in the sun, any impurities in the sea water, (nowadays highly polluted) will be retained. When concerns are raised about microscopic quantities of pesticides in bottled water, it beggars belief that rock salt made from unpurified sea water should be touted as preferable. It is this fear of pollutants coupled with the necessity of iodine supplements to prevent goitre that prompted doctors to recommend iodized salt.

Now the patient with enormously high BP could not have had zero salt content or 6% water content. The individual would be dead long before this. The woman was rehydrated by 24 ounces of water or less than one liter. The human body is 75% water or some 45 liters for a person of weight 60 kg. Salt does not stay as salt in the body. Zero percent sodium or 6% water are only possible in dead bodies.

96% potassium deficiency cannot be detected in the few minutes before treatment was started. In any case, a doctor would know that potassium levels are elevated when patient is dehydrated.

One thing obvious even to people without medical degrees is the body's ability to maintain the body parameters in close control. No parameter, be it temperature, pulse rate, blood pressure etc can go too far from normal even with the most virulent disease unless the patient is already dead. The citing of outrageously absurd numbers is the best indication that this is a hoax.

Anecdotes of individual getting relief due to highly unorthodox treatments as described are simply impossible to verify. People would not accept to participate in clinical trials. Doctors would not want to waste their time on investigating these because there are too many such claims and they get no credit by disproving them. When the anecdotes are sought to be supported by quasi scientific statements to increase their veracity the absurdities become obvious.

Salt isn't a problem. Stupidity is. It is necessary to rub salt into such claims and iodized salt works just fine.

38

Water! Water!! : No issue

These messages concerning drinking water are being shared on the social media.

I

DRINK HOTWATER AFTER MEAL

DEAR ALL ,

This is a very good article. Not only about the warm water after your meal, but about heart attacks. The Chinese and Japanese drink hot tea with their meals, not cold water, maybe it is time we adopt their drinking habit while eating. For those who like to drink cold water, this article is applicable to you. It is nice to have a cup of cold drink after a meal. However, the cold water will solidify the oily stuff that you have just consumed. It will slow down the digestion. Once this “sludge” reacts with the acid, it will break down and be absorbed by the intestine faster than the solid food. It will line the intestine. Very soon, this will turn into fats and lead to cancer. It is best to drink hot soup or warm water after a meal.

A serious note about heart attacks – You should know that not every heart attack symptom is going to be the left arm hurting. Be aware of intense pain in the jaw line. You may never have the first chest pain during the course of a heart attack. Nausea and intense sweating are also common symptoms. 60% of people who have a heart attack while they are asleep do not wake up. Pain in the jaw can wake you from a sound sleep. Let's be careful and be aware. The more we know, the better chance we

could survive.

A cardiologist says if everyone who reads this message sends it to 10 people, you can be sure that we'll save at least one life. Read this & Send to a friend. It could save a life.

So, please be a true friend and send this article to all your friends you care about.

II

Hello Everyone,

I am writing this in hopes that some may learn from what I just went through. We were having a good weekend till Saturday. On Saturday I showed my Baran and left the ring. He was looking good and at the top of his game. He had a chance at no less then one of the two AOM's.

It did not work out that way. After showing we went back to our site/set up and got the dogs in their crates to cool off. After being back about 30 min. I noticed Baran was low on water. I took a hand full of ice from my cooler and put it in his bucket with more water. We then started to get all the dogs Ex'ed and food ready for them.

I had Baran in his 48' crate in the van because this is the place he loves to be. He loves to be able to see everyone and everything. After checking him and thinking he was cooled off enough, we fed him. We walked around and one of my friends stated that Baran seemed like he was choking. I went over and checked on him. He was dry heaving and drooling. I got him out of the crate to check him over and noticed he had not eaten. He was in some distress. I checked him over from head to toe and did not notice anything. I walked him around for about a minute when I noticed that he was starting to bloat. I did everything I was taught to do in this case. I was not able

to get him to burp, and we gave him Phasezime. We rushed Baran to a vet clinic. We called ahead and let them know we were on our way. They were set up and waiting for us. They got Baran stabilized very quickly. After Baran was stable and out of distress we transported him to AVREC where he went into surgery to make sure no damage was done to any of his vital organs. I am very happy to say Baran is doing great, there was no damage to any vital organs, and he still loves his food. In surgery the vet found that Baran's stomach was in its normal anatomic position. We went over what had happened. When I told the vet about the ice water, he asked why I gave him ice water. I said that I have always done this. I told him my history behind this practice and his reply was, "I have been very lucky." The ice water I gave Baran caused violent muscle spasms in his stomach which caused the bloating. Even though I figured his **temperature** was down enough to feed, and gave him this ice water, I was wrong. His internal temperature was still high. The vet stated that giving a dog ice to chew or ice water is a big NO, NO! There is no reason for a dog to have ice/ice water. Normal water at room temperature, or cooling with cold towels on the inner thigh, is the best way to help cool a dog. The vet explained it to me like this: If you, as a person, *fall* into a frozen lake what happens to your muscles? They cramp. This is the same as a dog's stomach. I felt the need to share this with everyone, in the hopes that some may learn from what I went through, I do not wish this on anyone. Baran is home now doing fine. So please if you do use ice and ice water, beware of what could happen.

III

It's something they never taught us in chemistry class, but really should have. When we boil water, the chemistry of it changes, which is usually a good thing as it boils out volatile compounds and dissolves [sic] gases. This is why boiling water mostly ensures that it's safe to drink.

If water is left boiled too long or is reboiled, the chemical compounds change for the worse. By leaving your water to boil down, you're actually concentrating many harmful chemicals instead of getting rid of them ... The same thing happens when you reboil water, as the compounds concentrate and increase the risk of ingesting certain chemicals.

These chemicals could include arsenic, nitrates, and fluoride. Even the minerals that are healthy for us can become dangerous when concentrated, such as calcium salt which can lead to kidney stones and gallstones when taken excessively.

IV

Collected via e-mail, September 2004

It is popular in Japan today to drink water immediately after waking up every morning. Furthermore, scientific tests have proven its value. We publish below a description of use of water for our readers.

For old and serious diseases as well as modern illnesses the water treatment had been found successful by a Japanese medical society as a hundred percent cure for the following diseases, Headache, body ache, heart system, arthritis, fast heart beat, epilepsy, excess fatness, bronchitis, asthma, TB, Meningitis, Kidney and Urine diseases, vomiting gastritis, diarrhoea, piles, diabetes, constipation, all eye diseases, womb cancer and

menstrual disorders, ear nose and throat diseases.

METHOD OF TREATMENT

As you wake up in the morning before brushing teeth, drink four glasses of water each of 160 ml.

Brush and clean the mouth but do not eat or drink anything for 45 minutes.

After 45 minutes you may eat and drink as normal.

After 15 minutes of breakfast, lunch and dinner do not eat or drink anything for two hours.

Those who are old or sick and are unable to drink four glasses of water at the beginning may commence by taking little water and gradually increase it to four glasses per day.

The above method of treatment will cure diseases of the sick and others can enjoy a healthy life.

The following list gives the number of days of treatment required to cure main diseases.

1. High Blood Pressure 30 days
2. Gastric 10 days
3. Diabetes 30 days
4. Constipation 10 days
5. Cancer 180 days
6. TB 90 days

Arthritis patients should follow the above treatment for only 3 days in the first week to be followed by daily treatment. This treatment method has no side effects, however at the commencement of treatment you may have to urinate a few times.

Now pause and think!!!

Next to oxygen in air, water is the most essential necessity for all living organisms with the exception of

anaerobic bacteria and a few other exotic organisms. These posts claim that water can cause problems and cure diseases.

In the first of these, it is claimed that the cold water will solidify the oil that has been consumed with food and consequently digestion will be affected which in due course will lead to cancer. In the second it is claimed that drinking ice cold water is extremely dangerous to small dogs.

Before we consider what extreme cold can do to humans or dogs first consider how much the temperature of the stomach will reduce by drinking ice cold water. A glass of ice cold water, say 150 ml will constitute one sixth the volume of the stomach, one liter on an average. Stomach contents are at body temperature, assume 36C. If you mix one glass of ice cold water with six glasses of water at 36C, the temperature of the combination will be lowered to about 30C. This is a worst case scenario.

In reality, while one can gulp down water at near body temperature, one cannot do that with ice cold water. It is consumed slowly and will warm up as it absorbs heat from the mouth and throat. Dogs are smaller and will correspondingly consume smaller quantities of water. Dogs also do not drink water. They lap it up. The heating up in the mouth and throat will be correspondingly more. It is absurd to think that drinking ice cold water will significantly lower the temperature of stomach contents or internal organs.

It is worth remembering that doctors recommend sponging to lower body temperature not drinking ice cold water. Evaporation provides cooling on the surface and

the internal body temperature is lowered by blood circulation. No part of the body can be at a different temperature for a significant length of time. In case of frostbite, the body reduces blood circulation in the periphery to protect the vital organs becoming too cold and damaged.

The third post warns against reboiling water. Boiling water makes it safe because any microorganisms present are killed, not because it releases dissolved gases. The warning regarding increased concentration of impurities will only be true if the water quantity is drastically decreased. For the impurity concentration to be doubled, the quantity of water must be halved. If the water is potable to begin with, concentration of impurities would be below the maximum permitted levels. These limits are set much lower than danger levels as a measure of safety. Thus, it is impossible for prolonged boiling or reboiling to increase impurities to dangerous levels.

The fourth and last post ascribes miraculous curative properties to a particular regimen of drinking water on an empty stomach in the morning. There is no attempt at trying to provide a pseudo scientific justification. Thus, it becomes impossible to logically challenge it internally.

One can however wonder how such a cure has been proposed in the first place. How was it decided that four glasses of water, each of 160 ml have to be consumed before brushing teeth and that waiting for 45 minutes not drinking water for 15 minutes after meals etc. etc. is useful? Even more interesting would be to know how individuals were monitored to ensure that they followed this complex regimen. Only after convincing answers can

the most important question in medical research be asked. Namely how many people were successfully treated. The answer to the last question can be guessed. None whatsoever.

The dangers of dihydrogen monoxide, from its contribution to greenhouse warming of earth to it being a drug so addictive that withdrawal leads to death have been often highlighted in the press. But drinking it ice cold or after reboiling is entirely harmless.

39

Spider! Man!!

The following is being shared on the social media.

Bunbury local Dylan Thomas' first trip to Bali was complete with a visit to the Bali International Medical Centre to have a tropical spider pulled out of his stomach. 21-year-old Dylan awoke after a quiet night in his four and a half star hotel room to find a bizarre red trail two inches from his naval [sic] and heading upwards.

"It was as if someone had scratched me with the tip of a knife," he said.

Later that evening, the trail had moved two or three inches higher.

When a concerned Dylan fronted up to the doctors, they told him it was a small insect bite, and gave him some antihistamine cream to rub on the red line.

Later that morning he awoke to blisters.

"That's when it became painful, it was a searing burn," he said.

He finally saw a dermatologist, who told him that it was something out of the ordinary.

Doctors extracted a tropical spider that had burrowed itself into the scar from Dylan's recent appendix removal. The doctors put the spider in a container and took it away for testing.

Dylan will be informed next week as to what kind of spider made home in his body for three days.

Now pause and think!!!

The first question that should have been immediately asked is how the spider could breath. A spider is an insect that gets its oxygen from air not from a liquid. Some worms and some single cell organisms can absorb nutrients and oxygen from the skin when in a liquid medium but a spider cannot. The next question is how the spider could move since it uses legs for locomotion. Even the smallest spider would require more free space than described. It could not have crawled a few inches per day inside the body. Finally spiders spin webs. They have no organs that can be used for borrowing.

Just in case a variant of this hoax emerges, changing the name of the organism, some of the other inconsistencies in the narrative are worth highlighting.

While a scar tissue formed after surgery is not as strong as virgin muscle, it is not the equivalent of loose soil into which insects can borrow. New skin, the body's first line of defense against any invading pathogens is immediately formed. Even if the surgery was conducted in the most unhygienic conditions and consequently the patient got infected, it will not cause a red trail under the skin, as described. Living organisms are adapted to a specific environment in which they can live and reproduce. Even if a spider egg or of any other complex organism was introduced into the body by accident or design it will not survive. Infections are the consequence of the number of invading microorganisms being extremely large overwhelming the defense mechanism of the body. Fever, allergic reactions etc are the first symptoms.

Spiderman is a fictitious character as is the spider in the abdomen.

40

Wagging Tongues

The following is being shared on the social media.

Good news, Esp. for the Elderly

After the age of 50 one may experience many types of illnesses. But the one I am most worried about is Alzheimer's.

Not only would I not be able to look after myself, but it would cause a lot of inconvenience to family members....

One day, my son Rahul came home and told me that a doctor friend has taught him an exercise using the tongue.

The tongue exercise is effective to reduce the onset of Alzheimer's and is also useful to reduce / improve

1 Body weight

2 Hypertension

3 Blood-Clot in Brain

4 Asthma

5 Far-sightedness

6 Ear buzzing

7 Throat infection

8 Shoulder / Neck infection

9 Insomnia

The moves are very simple and easy to learn....

Each morning, when you wash your face, in front of a mirror, do the exercise as below :

stretch out your tongue and move it to the right then to the left for 10 times

Since I started exercising my tongue daily, there was improvement in my Brain Retention.

My mind was clear and fresh and there were other improvements too...

- 1 Far sightedness lesser
- 2 No giddiness
3. Improved wellness
4. Better digestion
5. Lesser flu / cold

I am stronger and more agile.

Notes

The tongue exercise helps to control and prevent Alzheimer's...

Medical research has found that the tongue has connection with the BIG Brain. When our body becomes old and weak, the first sign to appear is that our tongue becomes stiff and often we tend to bite ourselves.

Frequently exercising your tongue will stimulate the brain, help to reduce our thoughts from shrinking and thus achieve a healthier body.

Mallika Nampoothiry

Trivandrum

Now pause and think!!!

Initially the concern was Alzheimer's. Almost immediately the tongue exercise has become a cure for everything. The few words of explanation at the end show the utter imbecility of the writer.

There is no such thing as BIG brain. If the reference is to the cerebrum sometimes loosely called the higher brain, all parts of the body, not just the tongue are connected to it. The first sign of old age is neither a stiff tongue nor the tendency to bite it. All muscles in the body become stiff, or more correctly, the response of all muscles becomes slow and painful. In any case one bites the tongue

because the jaw muscles are weak and perhaps many teeth are broken. It is impossible to even guess what, "to reduce our thoughts from shrinking" means. Looks suspiciously like machine translation from another language.

The idea that exercising a muscle results in regeneration or strengthening of neural connections in the brain is generally accepted. That is partly the reason for recommending physiotherapy for victims of paralytic attacks. But the benefit is limited to the muscles that are being exercised. Exercising the tongue cannot strengthen the muscles inside the eye and improve sight!

The audacity of the post is amazing. One strongly suspects that this was initially a piece of sarcasm or a tongue in cheek comment, that the sarcasm was not comprehended resulting in the claim being accepted literally.

Showing the tongue has certainly set tongues wagging (in the social media).

Annexure 1

When Something More Becomes Necessary

The forty variants of the tale of the lizard in the ear are complete. As was mentioned right at the start, these have been selected from the enormous number of hoaxes being circulated on the social media since they can be debunked using simple logic and common sense. Some others could be debunked if a few advanced concepts of science are accepted. Three representative examples of scientific concepts are discussed in this and subsequent two pieces. These concepts can help debunk many hoaxes and a few are specifically mentioned.

One of the greatest scientists of all time, Richard Feynman was asked what the most useful and important concept of science was. He replied that it is the atomic hypothesis. The atomic picture of the world holds that everything occurs because of the rearrangement of atoms or molecules and energy makes them move faster. Not very surprisingly, this concept can be very useful for debunking hoaxes.

First a little illustration of the power of the idea is necessary. Why does powdered sugar dissolve faster than crystalline sugar in water? Why does sugar dissolve faster in hot water? In the first case, more molecules of sugar are in contact with molecules of water to permit their rearrangement into a solution where they are

surrounded by molecules of water rather than of sugar as in the solid state. When water is hot molecules move faster to make more molecules available.

Now consider a claim made in a recent social media post that de-mineralized water is more reactive and hence to be avoided. The logic is that water would be more likely to absorb minerals if they are not already present. But if you look at the atomic hypothesis, there is no way an individual atom or molecule of the mineral can be aware that the water does or does not contain minerals. Look at the sugar example above, only when there are too many molecules of sugar in the water, the so called saturated solution, do they start coming out of the solution into the solid state. So de-mineralized water is just water. It may be tasteless but that is all. The trace minerals are important only if they are not available in other food items.

In exactly the same way, the basic idea of homeopathic medicine that the that lower concentration of the medicine makes it more potent runs counter to atomic hypothesis. If the disease and its cure are molecular processes lower concentration cannot be more potent. The very simple concept questions the scientific basis of an extremely popular “alternate system of medicine”. For the same reason astrology runs foul of the atomic hypothesis. How does Jupiter, a collection of atoms and molecules influence selectively the molecules constituting one human body and not the other?

When scientific concepts are carefully handled, they are very potent arguments for debunking.

Annexure 2

The Name That Spawned A Million Fears

What's after all in a name?

A rose by any other name would smell as sweet
proclaimed William Shakespeare!!!

Little did the bard visualize how much chaos a name can cause.

Early in the twentieth century, a phenomenon was discovered. Mysterious rays emanated from some salts. Perhaps mesmerized by the radio waves, discovered a few years before, it was labelled radioactivity!!

Pretty soon it became obvious that the rays emitted by these radioactive materials damaged human health. The word radiation was earlier a harmless word applied to anything from the light emerging from the sun to a glowing coal. The word radiation, was also applied to radioactive materials.

Then, everything that is called radiation began to be considered something to be feared.

Strangely, by the later half of the twentieth century quantum electrodynamics emerged as a theory of unsurpassed accuracy. It gives a clear understanding of what is dangerous to humans and what is not.

But it is simply ignored

There are two classes and just two classes of entities that makeup the universe around us. Particles with mass and particles without mass. Particles with mass can cause damage to the human body, if they are traveling at high speeds. They are like bullets. Dangerous only when fired from a gun.

Radioactive materials emit particles with velocities compatible with the velocity of light. Three hundred thousand kilometers per second. They are dangerous no doubt. But they are so rare. One rarely comes across these except in nuclear bombs, atomic power plants and some special equipment.

The particles without mass are called photons, particles of light. Not surprisingly they almost always travel with the velocity of light. But the energy they possess depends not on the speed but on their wavelength.

Wavelength in the case of a wave on water is the distance between two consecutive crests or troughs. That these particles without mass can still have a wavelength is one of the main features that makes quantum electrodynamics a source of philosophical confusion. But that is a different story.

Smaller the wavelength of these massless particles more their energy.

A photon with a wavelength ten billionth of a meter is what we know as X-rays. They have a very high energy. They can harm the human body quite easily.

Photons with a wavelength of about a ten millionth of a meter or thereabouts are part of the ultraviolet radiation. The energy is down by a factor of thousand. They still

have quite a bit of energy and though not so dangerous as X-rays, there are dangers associated with prolonged exposure.

If the wavelength increases by another factor of a hundred, one gets to the infra red photons emerging from a hot plate or hot lamps. They are not very dangerous.

The wavelength of microwave radiation most commonly encountered in a microwave oven ranges from about one millimeter to as much as a meter. Energy is reduced by at least a factor of a thousand as compared to the infra red.

Radiation of even longer wavelength is employed in various radio transmitters, walkie-talkies, NMR imaging machines and so on all the way to the familiar alternating current at 50 or 60 Hz which have a wavelength of the order of a million kilometers.

There is another way of understanding this diminishing risk with longer and longer wavelength photons. The human body consists of atoms which are attached to one another with bonds. Maintaining the integrity of the bonds is critical for safe living.

The ultraviolet photons have enough energy to disrupt these bonds completely. So newer bonds can form incorrectly leading to diseases like cancer.

With X-rays, there is enough energy left to create more high energy particles which can in turn disrupt more bonds. That is why they are called ionizing radiation. The same is the case with sub atomic particles travelling at speeds comparable to that of light. That is why these are all highly dangerous.

Infrared photons cannot break bonds. They cca just stretch the bonds which vibrate like piano strings. Microwave photons cannot do even that much. They can just rotate small molecules like water. This increases water temperature. A very mild change that is not dangerous in any way.

Thus radiation consisting of particles with mass travelling at high speeds or photons with wavelength smaller than that of visible light, ultraviolet, X-rays etc are truly dangerous. Even though they are also called radiation, infrared, microwave, radio frequency or electric power lines are not.

One can wonder if it is not possible for a large number of photons of smaller energy to cooperatively create havoc. But the particles in the human body or for that matter particles anywhere in the universe can absorb only one of these photons at one time. Absorbing two photons simultaneously is extremely rare, say once in ten billion single photon absorptions under very special conditions. Simultaneously absorbing four photos is unlikely by another factor of a billion or so.

The reason partly is the very small size of the particles. So multiple photons arriving at the small region of space occupied by a small particle of matter, at exactly the same time is most unlikely.

Ignoring all this basic physics, investigators tend to perform the standard biological experiment to test if long wavelength radiation is truly dangerous. They compare a biological system subjected to photons of microwave or lower frequency with an identical unexposed system. This is standard procedure in biological sciences.

When no effect is observed at a particular intensity, the governments set a safety limit, a bit smaller than this. People are not convinced and will be suspicious. There will be occasional false positives or badly conducted experiments that feed these suspicions and fears.

Sadly all these millions of worries regarding radiation emerged from the unfortunate choice of a name.

As the proverb says give a dog a bad name and hang him.

If a little weight is given to extremely well established science of photons, many hoaxes and alarms are easily debunked and fears minimized.

Annexure 3

An Apple A Day

This piece discusses some less well known facets of scientific research to examine this very well known English idiom. “An apple a day keeps the doctor away” says a very popular English saying. Modern social media is full of enthusiastic recommendations for healthcare. Most of these urge the reader to experiment with unusual diets or food supplements which are claimed to provide protection against a wide variety of dangerous diseases, cancer, diabetes or hypertension being commonly highlighted or lifestyle issues like obesity. Surprisingly, while alternate medical systems like homeopathy, ayurveda or unani have large following in India and strongly recommended in personal contact, something completely uncommon like a claim that garlic kills fourteen types of cancer and thirteen types of infections would be the focus of social media posts.

The sociological reason for the preponderance of such unusual claims is obvious. The prospects of getting “likes” or inducing others to forward the posts is higher. Even more interesting are the comments that follow these posts. Remarks about how such “low cost” remedies are suppressed for profits by big pharma dominate. There are also perpetual arguments that experience of the ages can not be ignored or rejected.

Any criticism is always countered by demands to confirm that they are wrong before condemning them. Being scientific and logical from this point of view demands

that the inefficacy of garlic has to be demonstrated for each of the twenty seven claims mentioned above. Similarly, it is up to the critics to prove that this identification of the medical efficacy of garlic is not the distillation of ancient wisdom.

People demanding scientific investigation of one's own pet alternate medical solution forget more powerful reasons than the greediness of big pharma inhibiting such trials. Scientific investigation is costly. Let alone big pharma, even sovereign governments can't afford to investigate the millions of medical claims that flood social media. There are just too many claims and none of them are supported by anything other than anecdotes. So even if the big pharma or more likely the government decides to invest some resources to investigate these claims, it surely cannot investigate all and there is no way to select some.

Even more than monetary resources, scientific investigation requires trained professionals. They would want to be reasonably sure that they are not wasting their time and effort. In scientific research winner takes all the credit. Every schoolchild is taught that Alexander Fleming discovered penicillin, the first antibiotic. How many are aware of the name of the scientist who picked up this forgotten piece of research, developed the methods to produce significant quantities, did the clinical trials and demonstrated the usefulness of the medicine? To be sure he shared the Nobel prize but the name Florey means very little to most people. The scientist's willingness to investigate a particular claim is adversely affected by the millions of medical claims and the inability to confirm the superiority of any.

The scientific investigation of medicines poses an ethical dilemma for the scientist. The procedure is called a double blind trial. Half the patients, the control group, are given a placebo, something like distilled water or sugar so that the patient thinks he is getting a medicine while the other group gets the medicine under test. What should the investigator do if initial results are encouraging? It is a terrible ethical dilemma. He should wait for getting the confirmed results but he may worry that he is cheating the control group. What if some of them are not going to survive till the final results are approved and they get the benefit of genuine medicines? In the present context, if he starts an investigation without really believing the treatment, would he be cheating both groups?

Consider that the medical benefit being claimed is due to some physical entity present in the fruit, the leaf, the bark or anything else. It is not due to prayer, psychic power or something totally not physical. In the example already mentioned, there is some constituent in garlic that either directly kills the cancerous cells or induces the body to produce something which will do the job. Does the special constituent form a major constituent? If so, progress would be rapid. The historical anecdotal evidence that lemon juice prevents scurvy was rapidly confirmed with the identification of ascorbic acid or vitamin C in it. The juice from a couple of lemons would suffice to provide the total daily requirement of vitamin C. In other words it is a major constituent. Pernicious anemia, was a fatal disease till George Whipple in 1920 showed that raw liver was a remedy. Once again the active ingredient, cobalamin, or vitamin B12 was rapidly isolated by later work. A more recent example is the

identification of omega3 fatty acids as important and walnuts as a useful source. Quinine and Artemisinin for which a Chinese scientist was awarded the Nobel prize in medicine last year are other examples. Artemisinin is proof that if the medicine actually works, pharmaceutical industry can make money and would be interested. With the enormous amount of medical knowledge available it will be obvious if a food item has any significant constituent useful for treatment of a disease.

The usual counter to such an argument is that there are many constituents, in very small amounts, unknown to present state of science or that it is a combination of several of these that are important. Here the claims run completely counter to the very approach of scientific investigation. In a typical plant product, for example a leaf, there are likely to be hundreds of different organic molecules. Which of these are to be selected and in what combination for testing? How is one be certain that the concentration of these minor constituents in natural products does not change and give false results? Modern medicine concentrates on "chemicals" as opposed to "natural products" to avoid these pitfalls.

Most importantly, in science new findings cannot negate earlier work. Consider diabetes. It is known from earlier work that it is related to insulin availability and function. A claim that a herbal concoction cures diabetes will have to necessarily demonstrate changes in insulin levels or functionality. This is rarely conceded since most proposals would be disproved rapidly. When pressed, the established link between diabetes and insulin is itself challenged. After all "new science" can prove old science wrong. This philosophical position is very dearly held with

names of Einstein and Newton bandied about. But it is completely wrong. The newer science has to explain all the earlier experiments which supported by earlier science. Einstein's theory is identical to Newton's at low speeds.

An apple a day may or may not keep the doctor away but it is not a claim suited to scientific investigation. Same is the case for most claims in social media. Skepticism of alternate medicine is justified since the claims will remain unprovable. Hopefully non scientists can understand and appreciate this point of view.

Help Thyself!!!

A very popular joke says "knowledge is knowing that a tomato is a fruit, wisdom is not adding it to fruit salad". Science, is a process of logical inference from experimental observation leading to quantitative conclusions. But as emphasized in "How well do we know it?", The process of evaluating the utility of a scientific conclusion cannot be automated. The present effort to help logically examine the myriad hoaxes freely circulating on social media is a training process with a hope that the essential spirit of examining things will be acquired. The ancient Indian civilization coined the word "neeti" which in modern society has been wrongly translated as moral. Neeti in reality was originally a process of identifying a successful methodology to tackle the complexities of life. A famous ancient telugu poem says "it is appropriate to listen to what is said by anyone. But having listened, he who pauses in reflection and sees the truth or falsehood thereof is one well versed in neeti". The dependence on self knowledge is as necessary today despite (or because of) the preponderance of experts in this era of easy communication.

